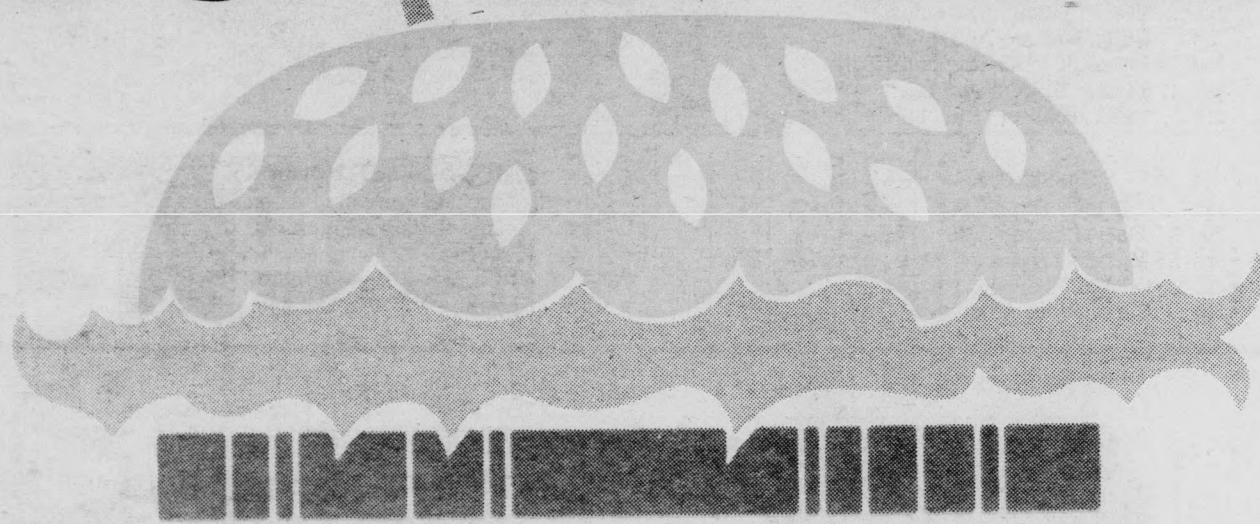


# Annual Valley Cookbook

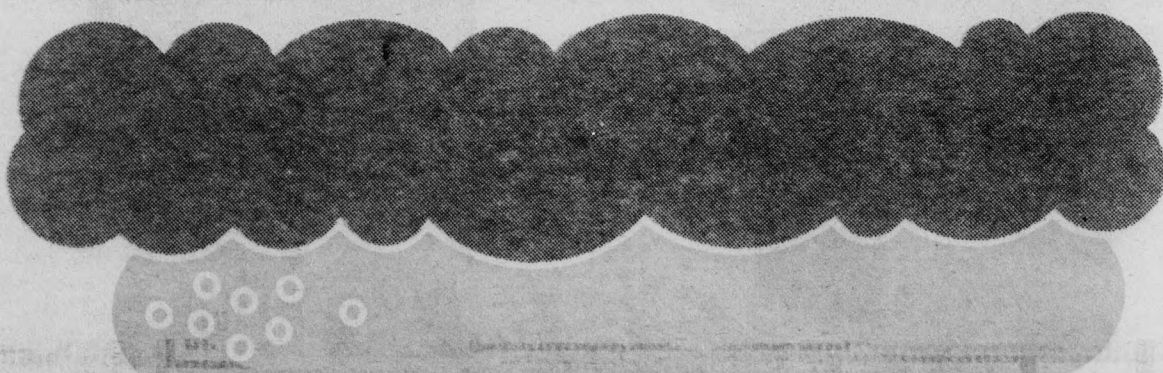


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Breads & Rolls  
Casseroles  
Desserts  
Meats, Fish,  
& Poultry  
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Featuring the 40  
prize winning recipes  
of our 1981 Contest  
and many more.

**The Daily Report**  
**Progress Bulletin**

Thursday, June 25, 1981





# 40 win in Valley Cookbook contest

## BREADS and ROLLS

- 1st ... Sharon Brown, Pomona
- 2nd ... Mary Pocius, Alta Loma
- 3rd ... Sandy Moreno, Upland
- 4th ... Charlene Daugherty, Upland
- 5th ... Ida Mae Dresen, Cucamonga

## APPETIZERS

- 1st ... Evelyn Gault, Claremont
- 2nd ... Holly Wallen, Alta Loma
- 3rd ... Deborah Frazelle, Ontario
- 4th ... Elenor H. Jenkins, Diamond Bar
- 5th ... Vicki Hubbert, Rancho Cucamonga

## CASSEROLES

- 1st ... Charlene Daugherty, Upland
- 2nd ... Mary Lewandowski, Pomona
- 3rd ... Maxine Kaufman, Claremont
- 4th ... Donnie Rexrode, Upland
- 5th ... Carol Diane Bathke, La Verne

Winners in the 1981 Annual Valley Cookbook contest

Sharon Brown of Pomona — Grand Prize

## DESSERTS

- 1st ... Lucinda Travis, Ontario
- 2nd ... Gary Crites, La Verne
- 3rd ... Sylvia Foran, Diamond Bar
- 4th ... Sue Verheyden, Claremont
- 5th ... Kathryn Marquardt, Cucamonga

## MEATS, FISH, POULTRY

- 1st ... Alice M. Randall, Pomona
- 2nd ... Gary Crites, La Verne
- 3rd ... Dorene D. Olson, Alta Loma
- 4th ... Rita Stockton, Montclair
- 5th ... Cynthia Valenti, Ontario

## MICROWAVE

- 1st ... Rosalie Czeschin, Ontario
- 2nd ... Volney L. Willett, Alta Loma
- 3rd ... Judy Martin, Ontario
- 4th ... Alyne Lawson, Ore City, Texas
- 5th ... Renee Cornelisen, Pomona

## SALADS

- 1st ... Julie Crites, La Verne
- 2nd ... Janet Poling, Cucamonga
- 3rd ... Gayle Sherrill, Ontario
- 4th ... Linda Crocker, Claremont
- 5th ... Mrs. W.J. Milligan, Ontario

## VEGETABLES

- 1st ... Sandra Moreno, Upland
- 2nd ... Janet Smith, Upland
- 3rd ... Charlene Daugherty, Upland
- 4th ... Karen Robison, Mt. Baldy
- 5th ... Lu Lester, Diamond Bar

## Thanks expressed

# Judges make big decisions

The Daily Report of Ontario and the Progress Bulletin of Pomona wish to pay recognition and express thanks to all the men and women who entered the Annual Valley Cookbook contest for 1981.

In today's papers, the tabloid cookbook section contains the prize-winning recipes and others.

The first place and Grand Prize winner, Sharon Brown of Pomona, has captured \$400 as the top winner and \$50 for winning the first place in the breads and rolls division with her Golden Tahitian Sweet Rolls.

Second places in the eight divisions win \$40. Third places get \$30, fourth places get \$20 and fifth placers get \$10.

Reviewing the mass of recipes which flooded into the newspaper offices was no easy task. The contest would not have been possible without the eight hard-working judges who volunteered their time.

A big thanks is extended to: JoAnn Sterba, assistant professor and chairman of the home economics department at Chaffey College in Rancho Cucamonga; Dr. Nenita Cabacungan, associate professor at Cal Poly Pomona; Marjorie Chitwood, coordinator of home economics at Mt. San Antonio College, Walnut; Linda Fender, chairman of the home economics department at Claremont High School; Jeanne Erskine, consulting home economist; Pat Ivins, former home economist; Walter Rippe, owner of The Arbor Restaurant, Upland, for 12 years; and Jon DuBois, a former chef and who now owns a food management consulting firm in La Verne.

Appreciation also is extended by the newspapers to Claremont High School and Miss Fender and her staff of young people for providing the facilities for the taste-testing event.



JoAnn Sterba



Marjorie Chitwood



Jon DuBois



Dr. Nenita Cabacungan



Jeanne Erskine



Linda Fender



Pat Ivins





Sharon Brown holds her Golden Tahitian Sweet Buns which won the Grand Prize

*Walks 3 miles before breakfast*

## Contest winner raising 8 children

By MARGE GROSS  
Staff Writer

The Grand Prize of \$450 in the Annual Valley Cookbook competition was won by Sharon Brown of Pomona with her recipe for Golden Tahitian Sweet Rolls.

Her contest entry was made for the first time just for the cook-off night at Claremont High School. Brown said she submitted the recipe which she had adapted from a Swedish sweet roll with cinnamon and raisins to rolls with a tropical fruit filling.

"This is the fourth time I have entered this contest," she said. "Once I was given an honorable mention." Brown has entered the cooking competitions at the Los Angeles County Fair and has won quite a few prizes. "I've entered mostly breads and rolls," she said. "I don't think I'll enter this year, but my three daughters will... they have won prizes in the junior breads and rolls division."

Sharon Brown and her husband Keith have seven children of their own and

also have a foster daughter, Angelita Manygoats from the Navajo Reservation in Arizona. It has been a project of the Church of Jesus Christ of Latter-day Saints to have members take Navajo children into their homes for the school year. This is Angelita's second year with the Browns and she has become a real daughter in the family. The other Brown children are Becky, Angie, Dorothy, Valerie, Danny, Nat, Andy and Cindy... ages ranging from 15 to 1.

The Pomona woman said she first entered a cooking contest (taking first place) with a cake recipe when she was at Brigham University in Provo, Utah. She married while at the university and graduated with a degree in zoology.

Before she starts making breakfasts and lunches for her family, Sharon Brown is out on a junior high school track walking at a fast clip for three miles. "I walk between 6 and 7 a.m.," she said. "I started a year ago so I'd feel better and lose weight. I'm going to start running because I will be

finished quicker... I was given jogging shoes for Mother's Day."

Brown said she grew up knowing how to cook. Her father was in the Air Force so she learned favorite foods in Nebraska, Alabama, Virginia, Utah and Spain, where she lived during her 17th year. She now cooks a Spanish dish called Paella for the family. "It's a chicken, fish and rice dish flavored with saffron," she said. "But saffron is so expensive I don't make it very often."

Her favorite food to prepare is the English trifle because "it's an exciting combination of a trifle of this and a trifle of that."

Sharon Brown's activities aren't centered strictly in the kitchen and the track. She is the PTA president at Emerson Junior High School, teacher of the Relief Society in the Pomona Ward and a freelance writer. She has sold seven serious and humorous fiction articles to magazines.

In talking to Sharon Brown, it is obvious she's a well organized woman.

SHARON BROWN  
Pomona

### GOLDEN TAHITIAN SWEET BUNS

1 envelope active dry yeast  
¼ cup warm water (115 degrees)  
1 cup orange juice  
¼ cup evaporated milk  
3 egg yolks (slightly beaten)  
4 ¾ cups flour  
¼ cup sugar  
1 teaspoon salt  
butter or margarine  
Filling  
1 cup diced papaya  
1 cup drained crushed pineapple  
1 can sweetened condensed milk (14 oz.)  
¼ cup butter  
½ cup toasted coconut  
½ cup chopped macadamia nuts  
Icing  
1 cup confectioners sugar  
4 teaspoons pineapple juice



Stir yeast into warm water. Mix well dissolved yeast, orange juice, milk and egg yolks; set aside. In large bowl stir together flour, sugar and salt. Cut in ¼ cup butter. Stir yeast mixture into flour mixture, just to moisten. Spread dough with light film of butter, cover bowl with plastic and refrigerate overnight. In saucepan combine condensed milk, butter and pineapple. Bring to boil, stirring constantly. Lower heat and cook stirring until mixture glazes (5 minutes). Remove from heat and stir in papaya. Turn dough on lightly floured surface. Knead quickly just until dough is not sticky. Roll out to 15x12 inch rectangle. Spread with butter and filling. Roll up long ways as jelly roll. Cut in 18 slices. Place in greased 13x9x2 pan. Let rise until double the size. Bake in preheated oven 350 degrees 25 minutes or until golden brown. Mix powdered sugar and pineapple juice and drizzle over warm buns. Sprinkle with coconut and nuts. Length of time to prepare: 2 hours plus overnight. Number of servings: 18.



# Breads and rolls

MARY POCIUS  
Alta Loma

## BACON AND ONION ROLLS

- 1½ cups milk
- ½ cup margarine
- ½ cup sugar
- ½ teaspoon salt
- 4 eggs and 1 egg white
- 2 packages dry yeast
- ½ cup warm water
- 5 to 6 cups flour
- 1 pound bacon
- 1 onion (chopped)
- 1 egg yolk (plus a little water)
- sesame seeds (optional)

SECOND

Scald milk, margarine, sugar and salt. Then cool to luke warm. Dissolve dry yeast in ½ cup warm water, add to cooled milk mixture. Add eggs and egg white, stir in well. Add flour gradually to make a soft dough that can be handled easily. Turn onto flour board and knead until dough is elastic. Place in greased bowl, cover and let rise until doubled in size. Dice raw bacon and brown slowly. Pour off excess grease and add chopped onion. Cook until onion is tender. Add about 1 Tablespoon of flour to absorb fat. Set aside to cool. Knead dough again then split into small chunks (size of golf balls). Form into flat thick circles leaving center thicker. Place about 1 teaspoon of bacon and onion mixture in center of formed circle. Bring together edges of circle and pinch side down on greased baking sheet. Brush top with egg yolk which has been thinned with a little water. If desired, sesame seeds may be sprinkled on top at this point. Let rise for ½ hour. Bake at 350 degrees for 20 to 30 minutes.  
Length of time to prepare: 3-4 hours. Number of servings: 5-6 dozen.

SANDY MORENO  
Upland

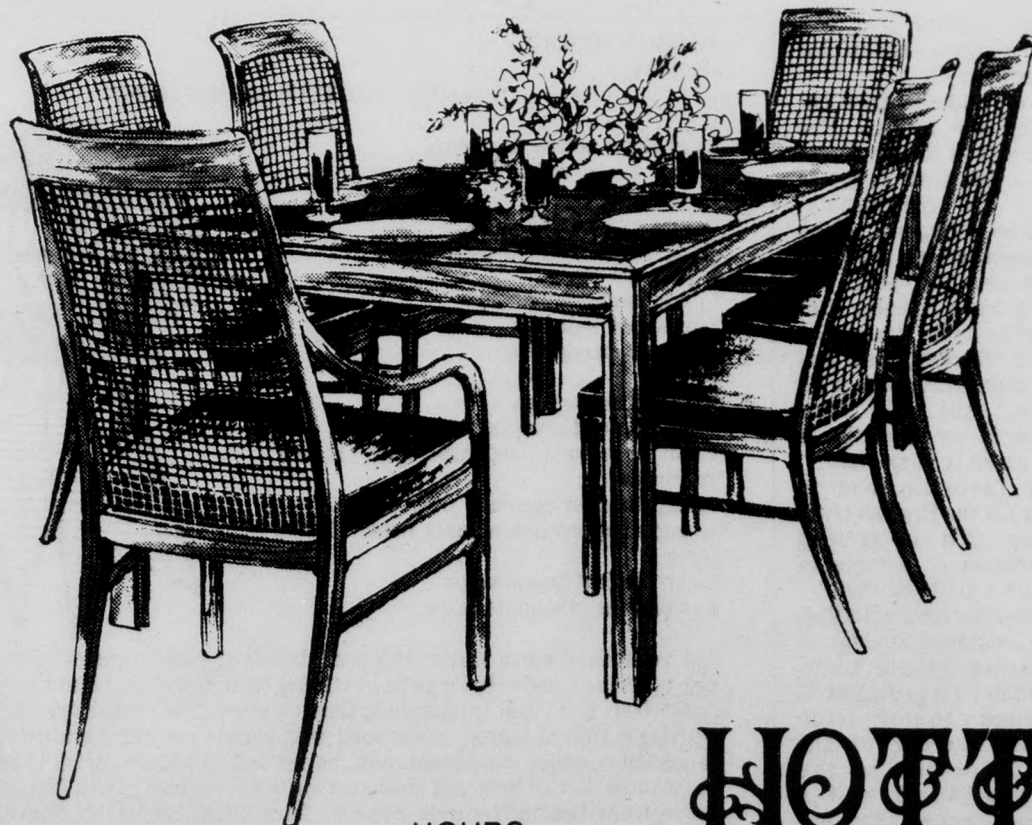
## PINEAPPLE-CHEESE PILLOWS

- 1 package active dry yeast
- ¼ cup warm water (110 degrees)
- ½ cup scalding milk
- 1/3 cup margarine
- ¼ cup sugar
- 1 teaspoon salt
- 2 beaten eggs
- 1 teaspoon grated orange peel
- 3 cups flour
- 8 ounces cream cheese
- 1 teaspoon sugar
- 1 slightly beaten egg yolk
- ¼ cup crushed pineapple (drained well)
- dash nutmeg
- 1 egg white
- 1 Tablespoon water

THIRD

Soften yeast in the warm water; set aside. Scald the milk in small saucepan and pour over the margarine, sugar and salt. Stir until margarine melts. Cool until lukewarm. When cooled, add 1 cup of the flour and stir in well. Add the beaten eggs, yeast and orange peel and stir in well. Place covered, in refrigerator for 4 hours. After the 4 hours, mix together in a small mixing bowl the cream cheese, sugar, egg yolk (reserve the egg white), pineapple and nutmeg. Set aside in the refrigerator. Form dough mixture into 2 dozen buns and place 2 inches apart on greased baking sheets. Cover and let rise in warm place until almost double in size about 40 minutes. With thumb, make a depression in the middle of each bun and spoon in about 1 teaspoon of the filling mixture into each depression. Beat the reserved egg white with 1 Tablespoon water and brush lightly over the outer ring of dough on each bun. Bake at 400 degrees for 10 minutes or until done. Serve hot.  
Length of time to prepare: 5½ hours. Number of servings: 2 dozen.

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# Breads and rolls

**CHARLENE DAUGHERTY**  
Upland

## DANISH PUFF

Bottom  
½ cup butter  
1 cup flour  
2 Tablespoons water  
Middle  
½ cup butter  
1 cup water  
1 teaspoon almond extract  
1 cup flour  
3 eggs  
Glaze  
1½ cups powdered sugar  
2 Tablespoons butter  
1½ teaspoons vanilla  
1 to 2 Tablespoons water  
chopped nuts (½ to ¾ cup)

FOURTH

Heat oven to 350 degrees. Using food processor or by hand cut butter into flour. Sprinkle with water and mix well. Divide in half on ungreased cookie sheet. Pat each half into a strip 12x3 keeping about 3 inches in between. Middle: Heat butter and water to rolling boil. Remove from heat and quickly stir in extract and flour. Mix well and add eggs all at once stirring until smooth and glossy. Spread equal amounts over each strip. Bake 1 hour. Cool. During cooling middle will shrink and form a custard-like filling for the puff. Drizzle with glaze and sprinkle on nuts. Glaze: mix powdered sugar, butter, extract and water until smooth. You can use fresh fruit instead of nuts. Keeps 3 days.  
Length of time to prepare: 70 minutes. Number of servings: 2 puffs.

**ELIZABETH SMOLICH**  
Ontario

## CROATION POVITISA (CHRISTMAS COFFEE CAKE)

Filling  
2 pounds walnuts  
1 dozen eggs  
1½ cups sugar  
2 packages saltine crackers  
½ pound butter or margarine  
sugar glaze and cherries

Dough  
2/3 cup vegetable shortening  
½ cup milk  
½ cup sugar  
1 teaspoon salt  
2 envelopes dry active yeast  
½ cup very warm water  
4 eggs (beaten)  
4½ cups all-purpose flour (sifted)

Dough: Combine shortening, milk, sugar and salt in saucepan. Heat just until shortening is melted; cool to lukewarm. Sprinkle yeast into very warm water in a large bowl. Add lukewarm milk mixture, eggs and 2 cups of the flour; beat until smooth. Add just enough of remaining flour to make soft dough. Turn out onto lightly floured pastry board; knead until smooth and elastic, let rise once. While dough is rising prepare filling by grinding the walnuts alternately with the crackers. Set aside. Then in a large mixing bowl beat the dozen eggs until will beaten. Add the sugar, walnuts and cracker mixture. Stir until well blended. Then roll out sweet dough to ¼ inch thick. Spread butter on the rolled out dough. Spread on the nut and cracker mixture evenly. Roll up dough to form a large cake roll effect. Then shape the dough to form a horseshoe on a large greased pan. Brush the top of cake with additional butter and bake at 350 degrees for about 1 hour or until nicely browned outside and a toothpick comes out clean. Decorate with glaze, nuts and cherries.  
Length of time to prepare: 4 hours. Number of servings: 30 to 40.

**IDA DRESEN**  
Cucamonga

## SWISS WHEAT BREAD

2 cups whole wheat flour  
¾ cup unbleached flour  
1 Tablespoon baking powder  
1½ teaspoons salt  
1 teaspoon baking soda  
1½ cups milk  
1/3 cups vegetable oil  
¼ cup light brown sugar (firmly packed)  
1 Tablespoon instant minced onion  
1 cup shredded swiss cheese

HONORABLE  
MENTION

Preheat oven to 375 degrees. Stir together flours, baking powder, salt and baking soda. Combine eggs, milk, oil, sugar and onion. Stir in Swiss cheese. Add liquid ingredients all at once to flour mixture, stirring only until flour is moistened. Turn into greased and floured 4½x8½ loaf pan. Bake at 375 degrees 50 to 55 minutes. If necessary, cover with foil for the last few minutes of baking to prevent excess browning. Cool in pan on wire rack 10 minutes before removing from pan to cool completely.  
Length of time to prepare: 1½ hours. Number of servings: 8 to 10.

**ROSALIE CZESCHIN**  
Ontario

## RIPE OLIVE BREAD

1 can (4¼ ounce) canned sliced black olives (drained)  
4 cups biscuit mix  
½ teaspoon garlic powder  
¼ cup instant mashed potato flakes  
3 Tablespoons instant minced onion  
1 cup grated Jack cheese  
½ cup sour cream  
¾ cup milk  
2 Tablespoons butter or margarine (melted)  
1 egg (slightly beaten)

In large bowl mix olives, biscuit mix, garlic powder, potato flakes, onion and cheese. In small bowl combine sour cream, milk, butter and egg. Stir ingredients in small bowl into large bowl just until moistened. Turn into greased 8-inch cast, iron skillet or 9-inch pan. Pat to shape. Bake 375 degrees 45 minutes.  
Length of time to prepare: 1 hour. Number of servings: 6.

**JANET POLING**  
Cucamonga

## CHEESE TWISTS

2¼ cups all-purpose flour  
1 teaspoon oregano leaves  
3 teaspoon baking powder  
½ cup grated parmesan cheese  
1 egg  
2/3 cup milk  
1 egg (beaten)  
poppy seeds or sesame seeds

In large bowl of an electric mixer stir together 2 cups of the flour, the salt and oregano, baking powder and parmesan cheese. Using medium speed, beat in the egg and milk until blended thoroughly. Turn out onto a lightly floured board and knead, working remaining ¼ cup flour into the dough, until it is not longer sticky. Continue kneading until smooth. About 5 minutes. Divide dough into 15 equal pieces. Working with 1 piece at a time, roll into a 10-inch rope. Bring ends together and twist one end around the other. Fill a 3 or 4 quart kettle with water and bring to a gentle boil. With a slotted spoon, lower about 4 twists, one at a time into the water. Boil twists until puffy, about 1 minute, turning over constantly with a spoon. Remove from water and place on a well greased 12x15 inch baking sheet. Repeat with remaining twists. Brush boiled twists with the beaten egg. Sprinkle with poppy seeds or sesame seeds. Bake in the middle of a 400-degree oven until golden brown, about 15 to 20 minutes. Serve warm.  
Length of time to prepare: 1½ hours. Number of servings: 15.

**MARILYN MITTELSTADT**  
Chino

## GINGER NUT BREAD

1 cup brown sugar  
1 beaten egg  
2 Tablespoons melted butter  
½ cup chopped pecans  
1/3 cup chopped crystalized ginger  
2 cups sifted flour  
¾ teaspoon soda  
½ teaspoon baking powder  
¼ teaspoon salt  
1 cup buttermilk

Beat sugar, egg, butter. Add nuts and ginger to sifted dry ingredients. Stir into creamed mixture alternately with buttermilk. Do not beat. Bake in a greased 8x5 inch pan at 350 degrees for about 45 minutes or until it tests done.  
Length of time to prepare: 1 hour. Number of servings: 12-16.





# Chicken pie takes a prize

For her "Delightfully Different Chicken Pie," Alice M. Randall won the first prize and \$50 in the meat, fish and poultry division of the Annual Valley Cookbook competition.

The unusual ingredients in the chicken pie is what attracted the judges in the first place, Randall thinks. Once they tasted the pie, they were convinced.

Cooking is a hobby for this Pomona woman who lists her occupation as a machine operator. One thing she likes to do is make pies and cakes for her fellow workers.

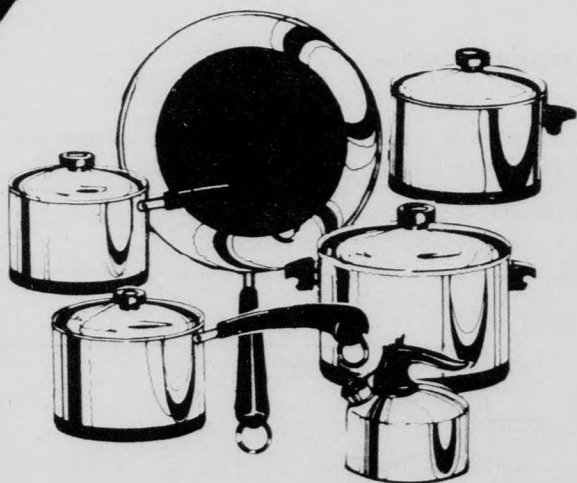
As for her family, Randall said they like her pies, cakes and casseroles.

She has entered cooking contests before the Pomona Valley competition and won a third prize and an honorable mention. Her favorite dishes to make are Lemon Velvet Pie and Beefsteak Pudding.

Randall's interest in cooking is credited to her mother and a high school teacher.

**Alice M. Randall shows off her division-winning Delightfully Different Chicken Pie**

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# Meats, fish, poultry

ALICE M. RANDALL  
Pomona

## DELIGHTFULLY DIFFERENT CHICKEN PIE

FIRST

- 1 broiler-fryer chicken (cooked and chopped—2½-3 cups)
- 4 Tablespoons butter
- 4 ounces fresh mushrooms (sliced)
- ¼ cup chopped onion
- 5 Tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups chicken broth
- 1 eight-ounce can water chestnuts (drained and sliced)
- 1 Tablespoon chopped parsley
- ½ cup sliced, stuffed green olives (divided)
- Rice shell:
- 4 Tablespoons butter (melted)
- 4 ounces fresh mushrooms (chopped)
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 2½ cups cooked rice
- 2 eggs (beaten)
- 1 tablespoon chopped parsley
- ½ cup sliced, stuffed green olives (divided)

In large fry pan, melt butter over medium heat. Add mushrooms and onions and saute for about 5 minutes. Stir in flour, salt and pepper and brown for about 2 minutes. Add broth and stir until thickened. Remove from heat and stir in chicken, water chestnuts and parsley. Cool while making rice shell.

Rice Shell: In large fry pan melt butter. Add mushrooms, salt and pepper and saute about 5 minutes. Remove from heat and stir in rice, eggs and parsley. Pat into bottom and sides of 10-inch pie pan. Sprinkle with ¼ cup sliced green olives. Pour in prepared chicken mixture. Sprinkle with remaining olives. Freeze until ready to use in Ziploc-type bag. At cooking time, remove from bag, bake in pre-heated 325 degree oven, covered for 30 minutes. Remove cover, increase heat to 350 degrees and bake 45 minutes more, uncovered. Remove from oven and let sit 10 minutes before slicing. If cooking immediately without freezing, bake 40 minutes at 350 degrees. Remove from oven and let sit 10 minutes before slicing.

Length of time to prepare: 1½ hours. Number of servings: 6-8.

MRS. DORENE D. OLSON  
Alta Loma

## SEA SCALLOPS WITH MUSTARD SAUCE

THIRD

- 1½ pounds sea scallops
- 2 Tablespoons unsalted butter
- 2/3 cups tarragon wine vinegar
- 1/3-½ cup heavy cream
- pinch of salt
- Dash of freshly ground white pepper
- 2-3 teaspoons of dijon-style mustard
- 1 teaspoon chopped fresh parsley

Cut scallops horizontally in half, or in thirds if large, to make uniform pieces. Rinse and pat dry with paper towel. Saute scallops in butter in large skillet over medium high heat until just cooked (about 2 minutes). Remove to warm plate with slotted spoon. Add ½ cup of the vinegar to skillet, cook over high heat until reduced to 2 Tablespoons. Add cream and accumulated juices from scallops; cook over medium heat until sauce is reduced and thick enough to coat scallops. Remove from heat; season with salt and pepper; swirl in 2 teaspoons mustard. Taste and adjust seasonings with salt and pepper, and if necessary, remaining vinegar and mustard. Return scallops to skillet to coat with sauce. Remove scallops with slotted spoon to 4 warmed dinner plates; spoon remaining sauce over scallops. Sprinkle chopped parsley over sauce.

Length of time to prepare: 20 minutes. Number of servings: 4

RITA STOCKTON  
Montclair

## SUPREME OF CHICKEN

FOURTH

- 6 chicken breasts (boned)
- salt and pepper
- ¼ teaspoon marjoram
- ¼ cup butter
- ½ cup sherry
- 2 cups cream
- 3 egg yolks
- ½ cup white lump crab meat
- 1 tablespoon parsley
- 6 large fresh mushrooms
- ½ cup grated Swiss cheese

Remove skin from chicken, sprinkle with salt and pepper, rub with marjoram. Cook in butter over low heat until done. Remove chicken, add sherry to pan. Cook until almost evaporated. Add cream and egg yolk, cook over low heat until thickened. Mix enough of sauce with crab meat and parsley to stick flakes together. Saute mushrooms, fill caps with crab mixture. Place breasts in buttered shallow casserole; place mushroom on top of each. Pour remaining sauce over. Sprinkle cheese on top; run under broiler until brown.

Length of time to preapre: 90 minutes. Number of servings: 6.

GARY C. CRITES  
La Verne

## QUENÉLLES A LA CRITES

SECOND

- Brioche:
- 1 package yeast
- ¼ cup warm milk
- 1 Tablespoon sugar
- 2 cups unbleached all-purpose flour
- 1 teaspoon salt
- ½ cup frozen butter or very cold (cut into 8 pieces)
- 2 eggs lightly beaten
- Fish stock:
- 1 large onion (quartered)
- 2 Tablespoons unsalted butter
- 2 pounds fish or fish bones—sole
- 10 sprigs parsley
- 1 teaspoon white peppercorns
- ½ teaspoon crushed thyme leaves
- 2 bay leaves
- 1 teaspoon salt
- 1 cup dry white wine
- 4 cups water
- Veloute sauce:
- 5 Tablespoons butter
- ¾ cup all-purpose flour
- 4 cups fish stock
- Duxelles:
- 2 pounds mushrooms (chopped very finely)
- 10 shallots (peeled and finely chopped)
- 4 Tablespoons unsalted butter
- ½ teaspoon salt
- ¼ teaspoon freshly ground white pepper
- 1 Tablespoon brandy or cognac

Concluded on Page 11

CYNTHIA VALENTI  
Ontario

## CHICKEN RELLENO ROLL-UPS

HONORABLE MENTION

- 2 large chicken breasts (halved or 4 half breasts)
- 1 eight-ounce piece jack cheese (half sliced and half shredded)
- 1 four-ounce can whole green chilies
- 1 egg (slightly beaten)
- ½ cup milk
- 1½ cups Italian style bread crumbs
- 1 eight-ounce can green chile salsa

Skin, bone and pound flat each half chicken breast being careful not to tear holes in meat. Cut jack cheese in half lengthwise, shred one half and reserve for top of chicken. Cut other half into four slices ¼ inch wide and 3 inches long and stuff into 4 whole green chiles. Lay flatten chicken breasts smooth side down and place cheese stuffed chile lengthwise on one side of chicken breast and roll-up. Beat egg slightly and add milk. Dip chicken into egg mixture and roll in Italian style bread crumbs. Place on ungreased cookie sheet, seam side down. Bake at 350 degrees for 50 minutes. Remove from oven, top with green chile salsa and shredded jack cheese. Return to oven for 10 minutes.

Length of time to prepare: 1½ hours. Number of servings: 4



# Meats, fish, poultry

**MARY MENDOZA**  
Ontario

## SHRIMP PATTIES IN CHILE SAUCE

4 eggs  
1 package dried shrimp (camaron)  
1 clove garlic  
1/4 cup onions  
1 small can Las Palmas chile sauce  
1 jar nopalitos (young cactus leaves)  
1 bunch of cilantro  
1/4 cup oil  
1 cup water  
1 Tablespoon flour  
salt to taste

Beat egg whites until they form peaks. Then beat in yolk. Stir in dried shrimp. Drop 1 Tablespoon mounds of mixture into frying pan of hot oil. Brown shrimp patties slightly on each side. Set patties aside. In large saucepan saute onion and garlic. Mix 1 cup water and 1 Tablespoon flour, strain into saucepan with chile sauce. Bring to boil. Rinse and strain nopalitos. Add them to sauce along with shrimp patties and several leaves of cilantro. Add salt to taste. Simmer 5 minutes.  
Length of time to prepare: 45 minutes. Number of servings: 4.

**LU LESTER**  
Diamond Bar

## TWO CHEESE CHICKEN ROLLS

4 large chicken breasts (skinned, halved and flattened)  
2 ounces Swiss cheese (sliced thin into 8 pieces)  
2 Tablespoons crumbled blue cheese  
2 eggs (beaten)  
1 cup seasoned bread crumbs  
1/4 cup flour  
salt and pepper to taste  
shortening for deep frying

Season chicken with salt and pepper. Place a slice of Swiss cheese and approximately 1/2 teaspoon of crumbled blue cheese on each chicken slice. Roll up jelly roll style. Secure with toothpicks. Coat each roll with flour and dip in beaten egg. Roll in seasoned bread crumbs and chill for one hour. Fry in deep fat until golden brown. Place chicken rolls in a 7x11 baking dish and bake uncovered for 40-45 minutes in 350 degree oven.  
Length of time to prepare: 20 minutes. Number of servings: 8.

**MELINDA DRAKE**  
Pomona

## EASIEST COMPANY CHICKEN

2 broiler fryers cut up (approximately 5-6 pounds)  
1 can condensed cheddar cheese soup  
1 can condensed chicken broth  
1 can condensed onion soup  
1 pint sour cream  
1/2 to 3/4 cup water  
2 Tablespoons shortening or cooking oil  
Fresh parsley sprigs for garnish

In a large bowl, combine all the soups, the sour cream and 1/2 cup water. Stir until thoroughly blended. Wash and pat dry all chicken pieces. Melt shortening over medium heat in large skillet, then brown chicken pieces on all sides. Remove chicken when browned and pour off all fat from skillet. Lower heat to simmer and add soup mixture. Return chicken and cover loosely to allow escape of steam. Simmer 1-1 1/4 hours until tender. Check and turn the chicken twice, adding remaining water if sauce thickens too quickly. When done, arrange chicken on platter and spoon sauce over. Save leftover sauce—it is excellent on noodles, broccoli and cauliflower.  
Length of time to prepare: 1 1/2 hours. Number of servings: 8-10.

**SYLIVA FORAN**  
Diamond Bar

## CHICKEN BREASTS FLAMBE

1/4 cup flour  
1 teaspoon salt  
1/4 teaspoon pepper  
4 whole chicken breasts (halved, boned and skinned)  
2 Tablespoons butter  
1/4 cup Almondado  
1 Tablespoon minced onion  
1 medium clove garlic (minced)  
3/4 cup chicken broth  
1/2 cup heavy cream  
2 Tablespoons minced parsley  
1 medium tomato (peeled, seeded and chopped)

In plastic bag mix flour, salt and pepper. Coat chicken breasts with flour mixture. In large skillet melt butter. Brown chicken well on both sides in butter. Pour Almondado over chicken. Ignite. When flame dies, remove chicken to heated platter. Keep warm. In drippings, cook onion and garlic until soft. Mix in broth and cream. Simmer until liquid is reduced and slightly thickened. Stir in parsley and tomato. Pour over chicken. Serve on a bed of rice.  
Length of time to prepare: 15-30 minutes. Number of servings: 6-8.

**SHARON BROWN**  
Pomona

## SOUTH SEA CRAB

1 3/4 cups water  
3/4 teaspoon salt  
1 cup white rice  
1 package (6 ounces) frozen cooked Alaska snow crab meat  
1 eight-ounce can pineapple chunks in own juice  
1 eight-ounce can mandarin oranges  
1 avocado  
1 chicken bouillon cube  
1 Tablespoon corn starch  
2 Tablespoons butter  
1 teaspoon salt

Bring water to a boil. Add salt. Slowly stir in rice. Cover and cook over slow heat for 20 minutes or until rice is tender. Thaw and drain crab meat. Drain pineapple and orange sections, reserving juice. Add enough water to fruit juices to make 2 cups. Melt butter in sauce pan. Blend in corn starch and salt. Gradually add juices. Add chicken bouillon cube. Heat to boiling and cook for 2 minutes, stirring constantly. Gently fold in crab meat, pineapple and orange sections and heat 1 minute. Spread rice over platter. Pour crab and sauce over rice. Peel and cut avocado into 6 slices and arrange spoke fashion on rice dish. Serve.

Length of time to prepare: 40 minutes. Number of servings: 6.

**MICHEL LYNN FIAINO**  
Ontario

## VINATHALS (PORTUGUESE RIBS)

1 cup vinegar (apple cider, wine or white)  
2 cups water  
1 whole garlic  
salt to taste  
1 teaspoon pepper  
1 Tablespoon cinammon (ground)  
1 teaspoon cummin (ground)  
1 teaspoon whole all-spice  
1/4 teaspoon whole cloves  
3 or 4 bay leaves  
3 pounds pork or beef ribs

In a large bowl mix all ingredients together, add ribs. Marinate in a covered bowl for 24-48 hours in the refrigerator. Discard liquid except for 1 cup to baste ribs with while baking or barbecuing. Bake in a large pan for 1 hour turning every 15 minutes and basting with sauce until golden brown (375 degrees). Also may be barbecued and basted with sauce.  
Length of time to prepare: 24-48 hours marinade. Number of servings: 4.



# Meats, fish, poultry

**RAY WARNER**  
Pomona

## CHICKEN SMELAGORGEIOUS

1 broiler chicken (2 1/4-3 pounds)  
2 pieces of butter (golf ball size)  
2 or 3 Tablespoons flour  
1/2 pound small fresh mushrooms or 1 can mushroom buttons  
1 bottle white wine (I use sauterne)  
10-18 green stuffed olives  
10-18 small white onions (3/4 inch maximum diameter)  
Bouquet Garni:  
2-4 cloves  
thyme  
parsley  
bay leaf (small piece)  
1/4 teaspoon oregano  
2 cloves garlic (if desired)  
2 jiggers bourbon

My maiden Aunt Samantha stated that a man's place was better anywhere other than in the kitchen. She claimed that along with heaps of dirty dishes, men always were attempting to cook game (quail, partridge, pheasant and rabbit) which resulted in an unpalatable mess where, after piling the lead shot pellets on their , it always appeared doubtful as to the acceptability of the concoction by the guests! The recipe following, which may be used for game, sometimes obtained with a lucky shot, has merits. However, I used the following on a number of occasions, and in using strictly fresh chicken, even Aunt Samantha, bless her soul, admitted the flavor was delicious and pleased her taste buds.

Now, take two 2 1/4-2 3/4 pound frying chickens (sometimes referred to as broilers) and cut them into serving size pieces. After laundering the pieces, and drying them, proceed as follows: into a skillet that has been heated to medium, place a piece of butter the size of a golf ball. Carefully brown the chicken pieces to a mid-summer sun tan. If your skillet does not hold all the chicken with one loading, remove the browned pieces to a plate and continue with the remaining pieces. Now, we proceed with the sauce, which is the flavor booster for the meal. In the skillet in which the chicken was browned, add another golf-ball size piece of butter on which after melting, sprinkle 2 to 3 Tablespoons of flour. Stir the flour in the heated butter until it gets a toasted color. Having reached that point, slowly add, while stirring continually, one half a bottle of white wine. When the gravy is bubbling and has reached a smooth appearance with no lumps, return the chicken to the skillet. Have a cover ready and when the gravy has reached a bubbling point, add two jiggers of bourbon or rye whiskey and light it ablaze. The result is that the kitchen will develop a pleasant aroma. Now prepare a bouquet garni, being sure to use parsley, small portion of bay leaf, thyme, 2 to 4 cloves and some oregano. Be sure to tie this up in a piece of cheesecloth or a small square of one of dad's old T-shirt, so that it may be removed later. Add to the chicken 10-18 small white onions, 10-18 pimento stuffed green olives and, when no one is looking, add a couple of cloves of garlic. Put the lid on the skillet and simmer for 30 minutes, or until it has cooked to a point that the meat will pull off the smallest diameter of one of the chicken legs. When this point is reached, and you have removed the bouquet garni, dump in an 8-ounce jar of mushroom buttons or 1/2 pound of fresh small sized mushrooms. Simmer another 15 minutes. Now to be real fancy, you may prefer, assuming you can afford it, wild rice. Otherwise, and I generally do, use "Success" rice which cooks in its packet. I have found that Success rice produces a rice that no even a Chinaman can improve upon. Ring the dinner bell. You should have enough for six people. However, having five people to clean up the dishes, gives you an opportunity to sit by and relax, while you finish the remaining half bottle of wine.

Length of time to prepare: 1 hour. Number of servings: 6.

**MRS. LOLITA M. HAWTHORNE**  
Upland

## CHICKEN SUPREME

6-8 chicken breasts  
1 package Lipton onion soup mix  
1 can whole cranberry sauce  
1 small bottle Catalina dressing

Mix cranberry sauce, onion soup mix, Catalina dressing together. Pour over chicken breasts. Bake in casserole dish for 35 minutes at 350 degrees or until done.

Length of time to prepare: 20 minutes. Number of servings: 6-8

**IDA MAE DRESEN**  
Cucamonga

## SEA PUFFS

Puffs:  
1/2 cup cooked crab meat  
2 cups water  
1 cup butter  
2 cups all-purpose flour  
1 teaspoon salt  
6 eggs (at room temperature)  
Clam filling:  
1 can (5 1/2 ounce) minced clams, drained  
1/2 pound cooked ham (chopped)  
1 cup sour cream  
1 cup grated parmesan cheese  
1/3 cup finely chopped onion  
1/2 teaspoon pepper  
1 cup mayonnaise

Puffs: pick over crab meat; flake finely. Bring water to boil with butter and crab meat. Remove from heat; add flour and salt at once. Stir until mixture forms a ball and leaves sides of pan. Beat in eggs one at a time, beating well after each addition. Drop by small teaspoonful onto greased baking sheets. Bake 15 minutes at 400 degrees; lower heat to 300 degrees and bake 10-15 minutes more until puffs are well browned and dry.

Clam filling: blend ingredients. Slice puffs in half and fill each with clam filling. Chill until serving time. Note: filled puffs may be reheated in 350 degree oven and served warm if desired.

Length of time to prepare: 1 hour. Number of servings: 6.

**JO ANNA E. MCPHERSON**  
Chino

## SUPER SALMON PIE

1 can (16 ounce) red salmon  
1/3 cup evaporated milk  
1/2 cup bread crumbs (fresh)  
1/4 cup Ritz crackers  
2 eggs  
1 teaspoon salt  
1/4 teaspoon poultry seasoning  
1 Tablespoon dried minced onions  
1/3 cup finely chopped celery  
1 teaspoon dried salad herbs  
1/3 cup chopped fresh green onions  
1/4 cup chopped green pepper  
1 Tablespoon chopped chives  
1 Tablespoon chopped parsley  
1 nine-inch unbaked pie shell  
Topping:  
1 carton (16 ounces) sour cream  
1/2 finely chopped cucumber  
1 1/2 teaspoon lemon juice  
1 Tablespoon chopped chives

Drain fish and take out small round bones, then flake with fork. Combine with all ingredients, mix well and set aside. Make the pie shell, using a rich pastry recipe. Gently pour the mixture for the pie into the shell. Heat the oven (pre-heat before putting mixture into pie shell) to 450 degrees. Put pie in at high heat for 10 minutes and then turn oven down to 350 degrees and continue baking for 30-40 minutes. Pie is down when a silver knife inserted just off center of pie comes out clean. DO NOT OVERBAKE or pie will be dry. Make topping mixture and serve on cut slices of pie. Let pie set for 5 minutes and cut for serving. Serve with the topping mixture. Note: I serve this for a gourmet dinner to guests with a salad of greens and cheese and a light lemon custard dessert.

Length of time to prepare: 20 minutes. Number of servings: 6.



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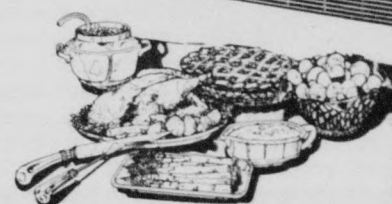
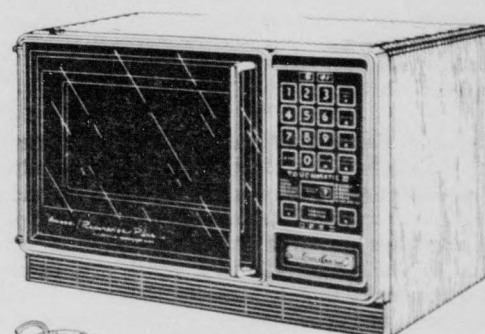
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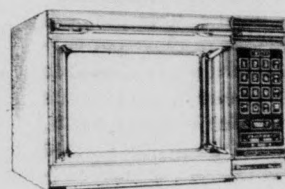


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# Meats, fish, poultry

MARY MILLS  
Cucamonga

## SEAFOOD ENCHILADAS

- 1 can (6½ ounce) deveined shrimp
- 1 can (6½ ounce) minced clams
- 1 tub (8 ounce) ricotta cheese
- ¼ cup diced celery
- ¼ cup chopped mushrooms
- ¼ cup chopped scallions
- 1 dozen flour tortillas
- 1 can (16 ounce) can enchilada sauce
- 1 cup grated American cheese
- ½ cup sliced black olives

Mix together the first six ingredients and set aside. In a 9x13 pan, pour in just enough enchilada sauce to cover bottom of pan. Spoon seafood mixture into tortillas and roll them up. Arrange in the pan and pour remaining sauce on top. Sprinkle with cheese, then olives. Cover pan with foil and bake at 350 degrees for 30 minutes.

Length of time to prepare: 45 minutes. Number of servings: 6.

## Continued from Pg. 7

### Quenelles:

- ½ pound boned halibut or sole
  - 1 1/3 cups water
  - 2 Tablespoons butter
  - ½ teaspoon salt
  - dash white pepper
  - 2½ cups all-purpose flour
  - 4 large eggs
  - 9 ounces butter (cut into 1 Tablespoon pieces)
  - 1 teaspoon salt
  - freshly ground pepper
- Final assembly:
- 2 cups cream
  - 1 cup milk
  - 2½ cups veloute sauce
  - 1½ Tablespoons cognac (optional)

Brioche: proof yeast in warm milk with sugar. Using a food processor add flour, salt and butter into beaker and process about 20 seconds or by hand using very cold butter until butter is cut into flour. For either method add yeast mixture and combine. Add eggs and process until ball of dough forms, knead until smooth. Place in greased bowl, turning to coat all sides. Cover and let rise in warm place until doubled in bulk (about 1½-2 hours.) Fish stock: melt butter in a large pot. Add fish or fish bones and cook over medium heat for 1 minutes. Add all other ingredients except the wine and water. Stir until mixed. Cover and cook for 3 to 4 minutes. Add wine and water. Bring to a boil and boil gently for 20 minutes. Strain through a fine sieve. Veloute sauce: Melt butter in heavy saucepan. Stir in the flour and cook over low heat for 1 minute stirring constantly with a whisk. Add fish stock and bring to a boil stirring to prevent scorching. Let cook over low heat for 30 minutes, stirring occasionally. Duxelles: place mushrooms in a kitchen towel and squeeze out all the liquid (do half the mushrooms at a time). You can save the liquid for flavoring sauces or for use in vegetable stock. Add shallots to melted butter in a skillet and cook for 1 minute over medium heat. Add the mushrooms, salt and pepper. Cook until liquid disappears and mixture is dry. Quenelles: Add fish to food processor with metal blade in place, or blender. Process, turning on an off rapidly, until a smooth puree is formed. Transfer to a bowl, cover and refrigerate. For panade, combine water, the 2 Tablespoons butter, ½ teaspoon salt and few grinds of pepper in a sauce pan. Bring to boil. As soon as butter melts, add flour all at once and stir rapidly until flour is incorporated. Remove from heat. Add panade to food processor with metal blade in place of put into blender. Process for 45 seconds. Transfer to bowl. Again to food processor or blender add 1/3 of the fish puree, 1/3 of the panade and 1 egg. Process until smooth, then add 3 ounces butter, 1/3 teaspoon salt and a few grinds of pepper. Puree until smooth. Transfer to a bowl. Repeat twice with remaining ingredients, adding a second egg to the third batch. Combine the 3 batches in bowl. To make quenelles, shape with floured hands about 2½ inches long and 1 inch in diameter. Place into almost boiling salted water and poach 10 minutes. Poach 6 to 8 at a time. The quenelles will rise to the surface and turn over. Do not allow them to boil and do not cover. After the 10 minutes remove them with a slotted spoon and place in cold water. Refrigerate until ready to use. FINAL ASSEMBLY: mix cream, milk, veloute sauce, cognac (optional) together until smooth. Roll half the Brioche (after you have punched it down) to about 1/3-inch thickness. Cut into shape of a fish. Line with half of the Duxelles. Place as many quenelles on top of the Duxelles that will fit. Be sure to leave about an inch around so you can seal the brioche. Drizzle about a cup of the veloute mixture over the quenelles. Place the rest of the duxelles over the quenelles and sauce. Roll out the other half of the brioche and cut the same shape fish but make it somewhat larger to fit over quenelles. Seal the edges. Use leftover brioche to decorate fish. Make three slices in top to let steam out. Bake in a 350 degree oven until golden brown. Serve with veloute mixture.

Length of time to prepare: 2 hours. Number of servings: 12.

MARY LEWANDOWSKI  
Pomona

## CLAM PUFF

- 1 can minced clams
- 1 package cream of leek soup
- ½ cup milk
- 4 eggs separated

Drain clams, save liquid, extend liquid with water to make 1 cup. Put leek soup in kettle, add clam liquid and ½ cup milk. Bring to a boil stirring constantly, beat 4 egg yolks very low, mixture will thicken. Remove heat and add clams, let cool. Beat egg whites and fold in, cook in a greased casserole dish uncovered at 350 degrees for 30 minutes.

Length of time to prepare: 1 hour. Number of servings: 4-6.

MARCIA EDMONDSON  
La Verne

## SALMON QUICHE

### Crust:

- 1 cup whole wheat flour
- 6 Tablespoons oil
- 2/3 cup shredded cheddar cheese
- ¼ cup chopped almonds
- ½ teaspoon salt
- ¼ teaspoon paprika

### Filling:

- 1 can (15 ounce) salmon
- 3 beaten eggs
- 1 cup sour cream
- ¼ cup mayonnaise
- 1 Tablespoon grated onion
- ½ cup shredded cheddar cheese
- ¼ teaspoon dill seed
- 3 drops hot pepper sauce

Crust: combine all ingredients. Set aside ½ mixture. Press remaining half on bottom and sides of pie pan. Bake at 400 degrees for 10 minutes. Remove. Reduce oven to 325 degrees. Filling: drain salmon. Reserve ½ cup liquid. Flake salmon. Set aside. In bowl, combine eggs, sour cream and reserved salmon liquid. Stir in salmon and last 4 items. Spoon filling into crust. Sprinkle with remaining crust mixture. Bake 325 degrees for 45 minutes or until center is firm. Number of servings: 6

AMANDA GRUIDL  
Upland

## BEEF IN BUNS

- 1 package (3 loaves) frozen bread dough
- 6 green onions
- 2-2½ pounds ground meat
- salt and garlic powder to taste
- Half & Half to brush on top
- sliced or grated cheddar cheese (your preference)

Preheat oven to 400 degrees. Thaw bread dough. Fry meat and onions, add salt and garlic powder. Slice dough into 12 slices per loaf. Roll dough slices as thin as possible. Fill with meat and cheese, fold up edges on underside and place on greased cookie sheet. Brush the tops with Half & Half. Bake 20 minutes at 400 degrees. Serve hot or cold in lunches. Can be frozen.

Length of time to prepare: 1-1½ hours. Number of servings: 36.





Evelyn Gault fixes Mushroom Turnovers for judges to taste

## Dancing is hobby Winner loves to cook and eat

Evelyn Gault of Claremont has several special dishes she likes to make, but it was her Mushroom Turnovers which took first place and \$50 in the appetizer division of the Annual Valley Cookbook competition.

She figures the Mushroom Turnovers made the finals because "it's different and full of protein."

Cooking is Gault's hobby along with dancing, walking and reading, and her favorites to put on the table are a complete Chinese dinner, roast beef with potato pancakes or Italian dishes with pasta.

She taught herself to cook. "I love to cook because I love to eat. However, I attended several cooking classes," she said.

As a homemaker, she prepares favorite dishes for her family. Her husband likes chicken and veal dishes, and her son, 14, is the "usual teen-ager who likes tacos, pizza or anything with cheese." He especially likes steak stuffed with vegetable and cheese. "My daughter, 4, eats anything you put in front of her," Gault said.

This isn't the first cooking contest Gault has entered. She entered a Griswold's contest, earned an honorable mention and a second place in two previous Pomona Valley contests and entered a cake contest in 1966.

The most unusual thing she can remember happening while preparing a meal was when "I had a table full of company ready to eat their main dish and the oven went out of order," Gault said. "Rah for good neighbors."

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# Appetizers

**EVELYN GAULT**  
Claremont

## MUSHROOM TURNOVERS

**Pastry:**  
1 cup flour (sifted)  
¼ teaspoon salt  
3 ounces cream cheese  
¼ pound butter

**Filling:**  
½ pound mushrooms (finely chopped)  
4 shallots or green onion (minced)  
3 Tablespoons butter  
1 Tablespoon flour  
½ teaspoon salt  
dash of pepper  
½ cup cream

**FIRST**

Pastry: combine flour and salt. Cut in butter and cheese until blended. Place in waxed paper and refrigerate several hours. When chilled, roll out adding enough flour to hold together. Cut into about 30 three inch rounds; place spoonful of filling and fold dough. Seal edges. Bake on ungreased pan at 350 degrees for 20 minutes or if frozen for 30 minutes.

Filling: cook shallots in butter until soft. Add mushrooms, cover and cook slowly for 10 minutes. Blend in flour, salt and pepper. Stir in cream gradually. Cook 4 to 5 minutes until thick. Cool. Add more flour if mixture is wet.

Length of time to prepare: 35 minutes. Number of servings: 30 appetizers.

**HOLLY WALLEN**  
Alta Loma

## SAUSAGE MELTS

1 pound hot Jimmy Dean sausage  
1 pound hamburger  
1 small onion (grated)  
¾ pound Velveeta cheese

¼ pound mozzarella cheese  
1 Tablespoon Worcestershire sauce  
1 teaspoon oregano  
3 loaves party rye bread

**SECOND**

Brown and drain sausage, hamburger and onion. Add Velveeta, mozzarella and oregano. Stir until cheese is melted and blended. Spread a tablespoon of mixture on party ryes and put on ungreased cookie sheets in single layer. At this point Sausage Melts can be flash frozen, then placed in airtight bags and stored for up to three months. To bake: place in single layers on cookie sheets and bake at 350 degrees for 15 minutes. To serve: garnish with pimento slivers and serve hot.

Length of time to prepare: 1 hour. Number of servings: 40 (two each).

third  
**DEBORAH FRAZELLE**  
Ontario

## MINI QUICHES

½ pound butter  
2 cups flour  
6 ounces cream cheese  
12 ounces frozen chopped onions  
4 Tablespoons margarine or oil

4 ounces grated Swiss cheese  
½ pound bacon  
4 eggs  
1 cup half & half (light cream)  
pinch of pepper

**THIRD**

Combine butter, flour and cream cheese into ball and refrigerate until firm (a few hours). Divide dough into 48 small balls and press into 4 miniature cupcake pans and refrigerate overnight. Next day: cook bacon until well done and crumble it. Saute onions in margarine or oil until well done. Combine eggs, cream and pepper and heat until smooth. Into each crust sprinkle (1) Swiss cheese, (2) crumbled bacon, (3) onions and (4) then liquid to top (in that exact order). Bake at 400 degrees for 15 minutes and 300 degrees for 15 minutes. Note: if frozen reheat in a low oven (250-300 degrees) for 15-20 minutes or in a microwave for 2 minutes on high.

Length of time to prepare: 1 hour. Number of servings: 48

**MRS. DONALD CRAWFORD**  
Ontario

## SHRIMP OR CRAB MUFFINS

2 cups fresh or canned crab meat or shrimp  
1 cup mayonnaise  
1 cup shredded cheddar cheese  
¼ cup onion (chopped)  
dash of garlic salt  
6 muffins

Mix all ingredients thoroughly. Spread on 6 English muffins or halves. Sprinkle with paprika. Broil 5-6 minutes until cheese is bubbly. Can also be served as luncheon dish.

Length of time to prepare: ½ hour. Number of servings: 6 or 12.

**ELENOR H. JENKINS**  
Diamond Bar

## MEXICAN EGG ROLLS

1 cup shrimp (cooked or canned)  
1 cup pork (cooked)  
2 green onions (chopped)  
1 clove garlic  
½ cup water chestnuts (chopped)  
½ cup celery (chopped)

¾ cup cabbage (chopped)  
½ cup cold water  
2 Tablespoons soy sauce  
3 Tablespoons oil  
6 to 8 six-inch tortillas

**FOURTH**

Put pork, shrimp, onion and garlic in blender. Blend until shredded. Cook celery and cabbage in cold water until it comes to a boil. Boil for 2 minutes and drain. Heat oil in skillet. Add pork and shrimp mixture and fry 2 minutes. Add water chestnuts, celery, and cabbage mixture, soy sauce. Fry 5 minutes, stirring constantly. Spread layer of filling on tortilla, leaving ½ inch unfilled edges. Fold over sides and roll up. Stick with two toothpicks to hold together. Fry in oil on one side until light brown, remove tooth picks and fry on other sides. Serve with horseradish mixed with ketchup or with dry mustard with water as a sauce. This may be served whole or cut in several pieces for hors d'oeuvres.

Length of time to prepare: 1 hour. Number of servings: 6-8.

**VICKI HUBBERT**  
Rancho Cucamonga

## SHRIMP DIP

6-8 dashes Tabasco sauce  
dash of paprika  
¼ teaspoon Worcestershire sauce  
2 Tablespoons grated onion  
1¼ Tablespoon lemon juice  
¼ teaspoon salt

8 ounces cream cheese  
1 Tablespoon brown sugar  
1 Tablespoon cream  
1 can shrimp (drained and rinsed)

**HONORABLE MENTION**

Have cream cheese at room temperature, and add remaining ingredients. Blend in a mixer. Refrigerate until an hour before serving time. Great with dip-size corn chips.

Length of time to prepare: 10 minutes. Number of servings: 6.

**IRMA HEASLEY**  
Chino

## CHEESE ONION SNACKS

1 can 8-ounce refrigerated buttermilk biscuits  
10 cubes (1 inch each) cheddar cheese  
10 thin slices boiled ham  
¼ cup butter (melted)  
¾ cup finely crushed French onion crackers

Separate dough into 10 biscuits. Roll out each into a 4 inch circle. Wrap ham slice around a cheese cube. Press edges to seal. Dip in melted butter and roll in cracker crumbs. Place seam side down on ungreased baking sheet. Bake until golden. 425 degrees for 10-15 minutes.

Length of time to prepare: ½ hour. Number of servings: 10.

**JANE MORRIS**  
Ontario

## AVOCADO BACON COCKTAIL

¼ cup mayonnaise  
½ cup chili sauce  
2 Tablespoons lemon juice  
¼ cup orange juice  
2 cups diced avocados  
1 cup finely sliced celery  
2 tablespoons chives or green onion tops  
¼ cup crumbled crisp bacon

Mix together the mayonnaise, chili sauce, lemon and orange juice. Carefully fold in avocado, celery and chives. Chill thoroughly. Serve in cocktail glasses, sprinkling the crisp bacon bits on top of each serving. (Crisp bacon gives this opening course cocktail a distinctive flavor).

Length of time to prepare: 1 hour. Number of servings: 6.





Rosalie Czeschin spreads cheese

## Speedy preparation Cheese Crock wins

Rosalie Czeschin of Ontario is a housewife and cares for nine children during the daytime, but she still finds time to cook.

Her creation of Crock Cheese as an appetizer won her the first place and \$50 in the appetizer division of the Annual Valley Cookbook competition.

She attributes the attraction to her particular recipe as being "the speed of

preparation and the few ingredients."

Czeschin says the favorite foods in her family are beef stroganoff for her husband, Jerry, lasagna for Kristie, 5, and carnitas for Darin, 15. She particularly enjoys cooking Mexican and Italian food.

She doesn't have any particular favorite dish to make because she has so many she equally enjoys

making. This is the first time she has entered a cooking contest. She credits her mother with teaching her the art of cooking.

When asked about an amusing experience in the kitchen, Czeschin said, "I'm sure this happens to everyone ... you take something from the oven, the heat passes through the mits and the dish ends up on the floor."

**ROSALIE CZESCHIN**  
Ontario

### CHEESE CROCK

**FIRST**

4 cups shredded cheese  
1 package cream cheese (3 ounce)  
2 Tablespoons brandy  
1½ Tablespoons oil  
1 teaspoon garlic salt  
1 teaspoon dry mustard

In large glass mixing bowl place cheeses, microwave at low 3 to 5 minutes until soft, stirring after 2 minutes. Stir in brandy, oil, salt and mustard. Beat well until thoroughly blended. Mixture will be soft and creamy. Pack into a container with a tight-fitting lid or cover well. Refrigerate 1 week to age before using. Spread on crackers or cocktail rye rounds.

Length of time to prepare: 3-5 minutes. Number of servings: 3 cups.

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**VOLNEY WILLETT**  
Alta Loma

## MICROWAVE CORN AND CHEESE SOUFFLE

- 1 can (16-ounce) whole kernel corn (drained)
- $\frac{1}{4}$  cup flour
- 1 Tablespoon sugar (white)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon paprika
- $\frac{1}{2}$  teaspoon dry mustard
- 1 can (13 ounce) evaporated milk
- 4 ounces sharp cheddar cheese
- 6 eggs (separated)
- 1 teaspoon cream of tartar

**SECOND**

In  $1\frac{1}{2}$  quart casserole blend together flour, sugar, salt, paprika and dry mustard. Stir in evaporated milk. Microwave on high 4 to 6 minutes until thickened. Stir every two minutes. In blender blend on high until partially smooth drained corn and cheese. Mix with previous ingredients and microwave on high 1 to 2 minutes until hot. Beat egg whites with cream of tartar until stiff but not dry. Beat egg yolks until thick and lemon-colored. Pour yolks into  $1\frac{1}{2}$ -quart casserole beating constantly until well combined. Pour contents of casserole into ungreased  $2\frac{1}{2}$ -quart souffle dish. Fold in egg whites gently until blended. Microwave on medium 20 to 23 minutes, rotating dish  $\frac{1}{4}$  turn every 5 minutes until puffed top edges are beginning to appear dry and souffle has set appearance. Center of souffle will remain moist. This recipe cannot be made in a conventional oven.

Length of time to prepare: 30 minutes. Number of servings: 6-8.

**JUDY MARTIN**  
Ontario

## CHICKEN CORDON BLEU

- |                             |                         |
|-----------------------------|-------------------------|
| 4 chicken breasts (skinned) | 2 cups bread crumbs     |
| 4 slices Swiss cheese       | 1 jar instant gravy     |
| 4 slices baked ham (thin)   | 2 Tablespoons margarine |
| 2 eggs                      | $\frac{1}{2}$ cup water |
| 1 cup milk                  |                         |

**THIRD**

Pound chicken breasts until flat. Cover with 1 slice of cheese and 1 slice of ham per breast. Then roll and secure chicken with a toothpick. Stir egg and milk in small bowl. Dip each roll in mixture. If you have any pieces of chicken left over at this point you can stuff them in the side of the rolls. Then coat with bread crumbs and place in skillet to brown 5 minutes. If you have browner in microwave use glass dish. If you need more butter to brown chicken, add as needed. Place rolls in glass dish and pour gravy and water over them. Microwave for 5 minutes per roll on high setting covered. Quick and easy special meal served with rice pilaf and wilted spinach salad.

Length of time to prepare: 10 minutes. Number of servings: 4.

**ALYNE LAWSON**  
Ore City, Texas

## COMPANY PEACH N' HAM LOAF

- 2 eggs
- 40 saltine crackers (crumbled)
- 1 teaspoon dry mustard
- 1 pound ground pork
- 1 cup diced cheese (4 ounces)
- 1 pound ground cooked ham
- Glaze
- 1 can peach slices in heavy syrup (16 ounces)
- 2 teaspoons cornstarch
- $\frac{1}{8}$  teaspoon ground cloves
- $\frac{1}{2}$  teaspoon grated lemon peel
- $\frac{1}{4}$  teaspoon cinnamon
- 1 Tablespoon lemon juice

**FOURTH**

In large bowl combine eggs, milk, saltine crumbs, cheese and mustard. Add meats; mix thoroughly. To form loaf pat into a 9x5 inch loaf dish. Turn out of loaf dish into a heat-resistant glass baking dish. Cover with waxed paper. Microwave at medium-high for 35 to 40 minutes, turning dish once. Prepare glaze by draining peaches reserving syrup. Mix cornstarch, cinnamon and cloves. Add reserved peach syrup, lemon juice and lemon peel; mix thoroughly. Cook, uncovered, in 4 cup liquid measure at high for  $1\frac{1}{2}$  minutes or until thickened and bubbly, stirring once. Glaze ham loaf with half of the glaze. Arrange peach slices on top. Cover with remaining glaze. Microwave uncovered at medium-high for 2 minutes. Note: both pears and pineapple can be used instead of peaches.

**RENEE CORNELISEN**  
Pomona

## BAGLES SHMAGLES

**HONORABLE MENTION**

- 4 bagles
- 1 small can pink salmon
- $\frac{1}{4}$  cup finely chopped onions
- 1 egg
- 2 cups freshly grated longhorn cheese

Drain salmon and mix with onion and egg. Spoon onto bagle halves. Microwave for  $3\frac{1}{2}$  minutes. Top with grated cheese and microwave again for  $1\frac{1}{2}$  minutes. Serve with cold grated lettuce tossed with herb dressing.

Length of time to prepare: 15 minutes. Number of servings: 2-4.

**BILL MONTELLO**  
Chino

## BILL'S MEXICAN CHICKEN

- 1 whole chicken
- 1 jar mild chili salsa (16 ounces)
- 1 can Van de Kamps Spanish rice
- 2 cups grated cheddar and or Monterey Jack cheese
- $\frac{1}{2}$  cup sour cream

Cook chicken on high in microwave for 12 to 15 minutes. Debone into bite-size pieces. Take salsa and  $\frac{1}{4}$  cup cheese. Place  $\frac{1}{2}$  chicken mixture in bottom of casserole dish. Spoon Spanish rice over chicken. Then place remaining chicken mixture over top. Place in microwave on high for 5-6 minutes. Take out and sprinkle remaining cheese over top. Return to microwave until cheese is melted. Dot with sour cream and serve warm.

Length of time to prepare: 30 minutes. Number of servings: 6.

**DOROTHY WOLF**  
Cucamonga

## MEXICAN CHICKEN CASSEROLE

- 1 can cream of chicken soup (10 $\frac{1}{2}$  ounces)
- 1 can diced Ortega green chilies (4 ounces)
- 1 large pinch instant minced onions or half of a real onion (chopped)
- $\frac{1}{2}$  soup can of water
- 2 large firm ripe tomatoes (sliced)
- 2 cans of boned chicken or 2 large chicken breasts cooked in microwave
- 1 cup shredded cheddar cheese
- 1 package corn chips

In a mixing bowl place soup, chilies, onions and  $\frac{1}{2}$  can of water. Stir and blend well. Layer half package of corn chips in a 2 quart casserole. Top with 1 can of chicken, then half tomatoes. Pour half of soup mixture over chicken mixture. Sprinkle with  $\frac{1}{2}$  cup cheese. Repeat layer in same order ending with chicken and cheese on top. Cook on high 8 to 10 minutes. Let stand 5 minutes with lid on.

Length of time to prepare: 30 minutes. Number of servings: 6.

**SHIRLEY JOHNSON**  
Montclair

## CHICKEN CACCIATORE

- 1 fryer (quartered)
- 1 jar (large) Ragu Italian sauce
- $\frac{1}{4}$  cup red wine
- 1 can sliced mushrooms (4 ounces)
- 8 ounces Mozzarella cheese (shredded)
- $\frac{1}{4}$  cup grated parmesan cheese
- $\frac{1}{4}$  cup Italian bread crumbs
- 2 Tablespoons dry parsley flakes

Arrange chicken quarters in a 10 cup shallow microwave safe casserole. Mix sauce, wine and mushrooms in a medium size bowl. Spoon sauce over chicken. Cover with wax paper. Cook in microwave oven high 20 minutes or until tender turning casserole midway through cooking. Remove from oven. Sprinkle with cheese. Combine parmesan, bread crumbs and parsley flakes. Sprinkle over top of casserole. Cook 3 minutes longer. If you wish, garnish with fresh parsley. Length of time to prepare: 40 minutes. Number of servings: 4.





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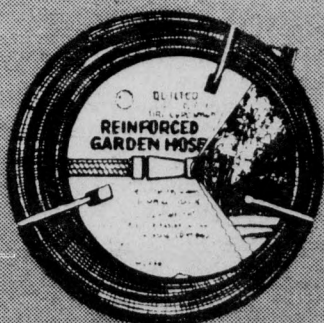
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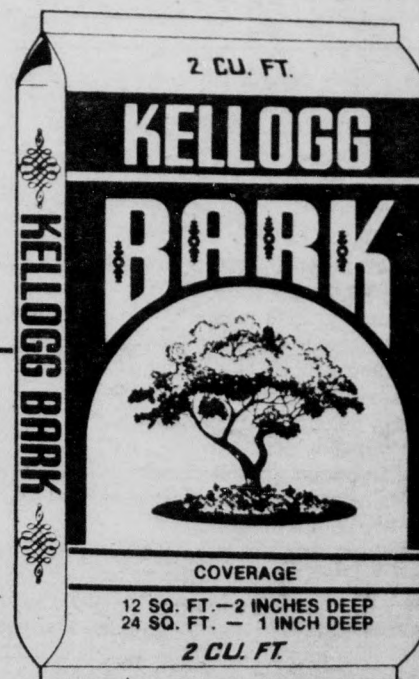
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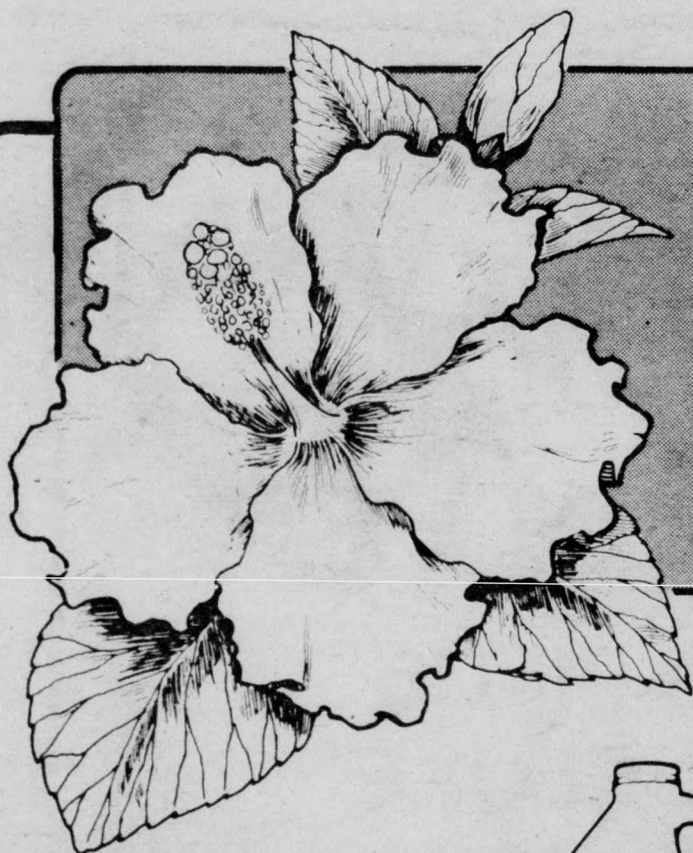
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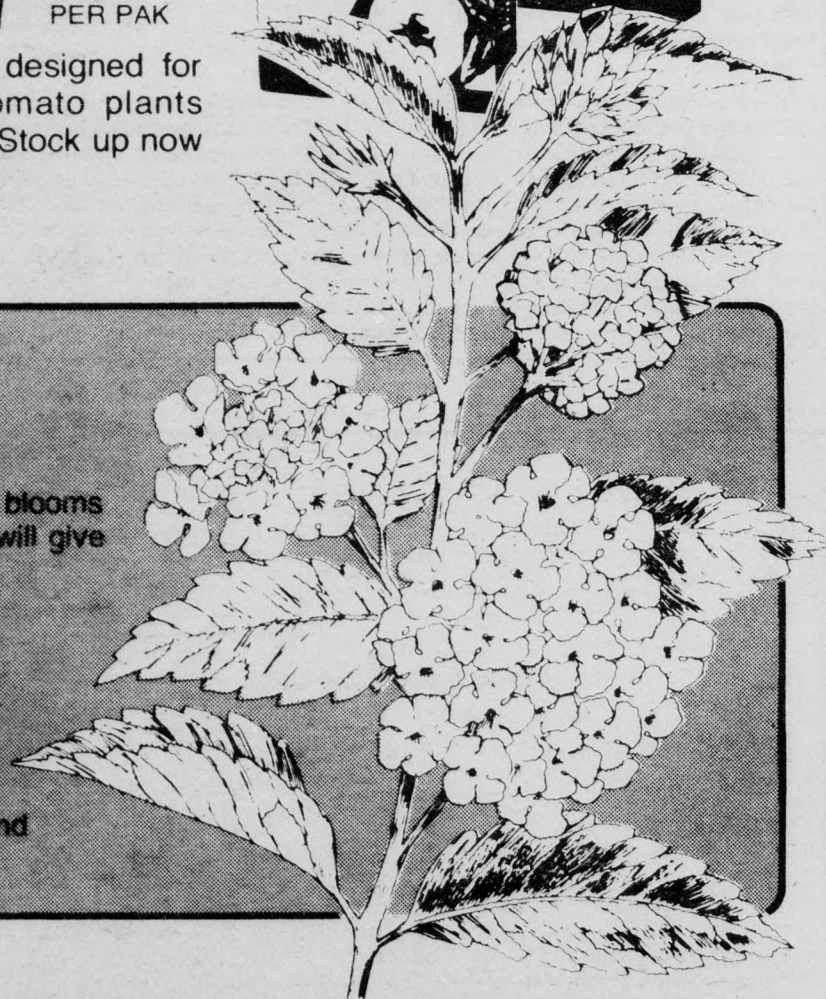
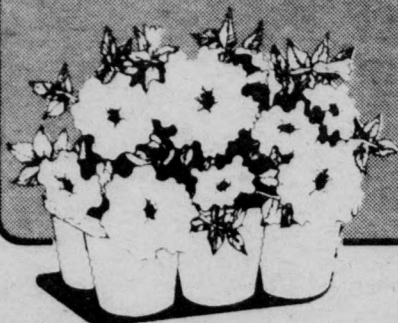
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## Wins in vegetables

# Uplander likes making bread

Sandy Moreno of Upland won the first place and \$50 in the Annual Valley Cookbook competition with her vegetable dish called Sweet Potato-Cranberry Quiche.

She considers cooking one of her hobbies along with sewing and drawing.

When it comes to favorite foods, Moreno said, "My husband and I like poultry dishes, but our 6-year old likes pizza and the 3-year

old likes all foods. We all eat my oatmeal bread."

She entered a recipe in the 1980 Annual Valley Cookbook competition and won a fourth place. Even though she was won with a casserole last year and a vegetable dish this year, Moreno says her favorite food to make is bread, especially oatmeal. She said her mother and sister taught her to cook.

When asked if anything

amusing has ever happened while cooking, Moreno replied, "Many unusual things have happened when my children help me in the kitchen ... all minor emergencies." Aside from being a homemaker, Moreno is a student and seamstress.

Moreno also won a third place and \$30 with Pineapple-Cheese Pillows in the breads and rolls category.



Sandra Moreno holds her Sweet Potato-Cranberry Quiche which won in the vegetable division.

**SANDRA MORENO**  
Upland

### SWEET POTATO-CRANBERRY QUICHE

- 1 single crust pastry shell (baked)
- 1/2 pound sweet potatoes (about 2 small)
- 1/2 pound carrots (about 3 medium)
- 1/2 pound fresh cranberries
- 2/3 cup sugar
- 1/2 cup milk
- 4 eggs
- 1/2 pound cream cheese (soft)
- dash nutmeg
- dash salt
- \*food processor needed
- val0

Peel the potatoes and carrots and either grate them or chop finely. Put the vegetables in a pot; douse them with boiling, salted water; bring to a boil and cook the vegetables 5 minutes; drain. Wash the cranberries; pick out any that are soft or blemished. Grate them or chop finely. Put them in an enameled pot with the sugar; cook covered over low heat for 10 minutes, stirring occasionally. Remove the lid and cook the berries for 5 more minutes, stirring almost constantly. Add the vegetables and cook together for 3 to 4 minutes more, stirring. Beat remaining ingredients and combine with vegetable mixture. Pour into shell. Bake in 375 degree oven for 40 minutes, until brown. Serve hot. Length of time to prepare: 1 1/2 hour. Number of servings: 6-8.

FIRST

## Vegetables

**JANET SMITH**  
Upland

### POTATO PIE LORRAINE

- 1 nine-inch frozen deep-dish pie crust (thawed)
- 2 cups mashed cooked potatoes
- 1/2 cup light cream
- 1 Tablespoon butter
- 3/4 cup cream-style cottage cheese
- 2 eggs
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 1/2 cups Swiss cheese (shredded)
- 1/2 cup onion (chopped)
- 8 ounces bacon (cooked crisp and crumbled)

Line unpricked pie shell with foil; fill with dried beans. Bake in 450 degree oven for 5 minutes; remove beans and foil. Bake 5 to 7 minutes longer or until nearly done. Remove from oven; reduce oven to 425 degrees. Combine mashed potatoes, cream, and butter; set aside. In a large bowl combine cottage cheese, sour cream, eggs and seasonings; beat with electric mixer until smooth. Add potato mixture, beat 1 minute more. Stir in Swiss cheese, onion and bacon. Pour into warm pastry shell. Bake in 425 degree oven for 40-45 minutes or until golden brown.

Length of time to prepare: 1 hour. Number of servings: 6-8.

SECOND

**CHARLENE DAUGHERTY**  
Upland

### SPINACH PATE

- 3 ten-ounce packages frozen chopped spinach
- 1/2 stick butter
- 1 medium onion (chopped, 1/2 cup)
- 1/3 cup celery (chopped)
- 1-2 cloves garlic (minced)
- 2 eggs
- 1 package Boursin cheese (garlic & herb)
- 3/4 cup bread crumbs
- 1/2 cup parmesan cheese (grated)
- 1 teaspoon salt
- 1/2 teaspoon nutmeg (grated)

Cook spinach until barely done--drain and squeeze. Melt butter--add onion, celery, and garlic--saute until clear. Beat eggs and cheese until smooth (Boursin cheese). Add crumbs, parmesan, salt, nutmeg, onion mixture, spinach. Mix well. Grease loaf pan; line with waxed paper overlapping greased waxed paper. Spoon in mixture and cover with foil. Bake at 400 degrees for 40-50 minutes or until firm in middle. Cool until lukewarm. Serve lukewarm garnished with baby carrots; raw zucchini slices, Italian parsley, and cherry tomatoes. Great as side dish with barbecued meat or as appetizer with crackers. Length of time to prepare: 15 minutes to prepare, 1 hour to cook. Number of servings: 6.

THIRD



# Vegetables

**KAREN ROBISON**  
Mt. Baldy

## BAKED SPINACH

- 3 pounds chopped spinach
- 1 pound cubed Velveeta cheese
- 5 eggs
- 8 ounces sour cream
- 4 cups croutons (wheat)
- ½ cup half & half
- 2 Tablespoons sugar
- 2 Tablespoons minced onions
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 sticks butter (melted)



Melt 1 stick of butter and pour into bottom of 3 quart rectangular baking dish. Add 1 cup croutons and set aside. In large bowl place spinach which has been washed and squeezed dry. Combine cheese, beaten eggs, sour cream, 2 cups croutons, ½ stick melted butter, sugar, onions, half & half, salt and pepper, with spinach. Mix well. Pour into baking dish. Pour 1 cup croutons on top then pat croutons partly into spinach mixture. Now pour remaining ½ stick melted butter over mixture. Bake at 350 degrees for 30 minutes  
Length of time to prepare: ½ hour. Number of servings: 8-12

**LYNETTE WOODS**  
Upland

## GOLDEN SNOWBALLS

- 2 seventeen-ounce cans of yams
- 3 Tablespoons melted oleo
- 2 Tablespoons brown sugar
- 1 teaspoon grated orange rind
- 1 teaspoon melted oleo
- 1 cup flaked coconut
- 8 slices canned pineapple

Drain and mash yams. Mix in the 3 Tablespoons oleo, sugar and orange rind. Mix the teaspoon melted oleo with coconut. Form 8 balls out of the yams mixture and roll in the coconut mixture. Place pineapple rings in buttered casserole dish. Place snowball on each ring. Bake at 325 degrees for 15-20 minutes  
Length of time to prepare: 40 minutes. Number of servings: 8

**HANK DIMARZIO**  
Rancho Cucamonga

## YUMMY GUMMY POTATOES

- 2 potatoes (average size)
- 4 cloves garlic
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup butter or margarine
- 1 level Tablespoon chili powder
- 2 Tablespoons (heaping) powdered American cheese
- 3 to 4 pieces of fresh parsley
- 1 orange

Peel and shred potatoes as you would for hash browns. Then spread out and cook in microwave about 5 minutes on high. While this is going on, saute sliced garlic in half of the butter on stove in frying pan using low heat. Turn off when garlic is slightly brown. As soon as potatoes come out of the microwave put them into the frying pan and on medium heat. Add remainder of butter, salt, pepper and chili powder. Cook stirring constantly for 3 or 4 more minutes all mixed well, take out and put on serving dish and sprinkle on cheese to cover lightly. Slice orange and place on sides for decoration. Place parsley on top and around and serve.  
Length of time to prepare: 20 minutes. Number of servings: 2

**LU LESTER**  
Diamond Bar

## STUFFED EGGPLANT PARMESAN

- 1 large or 2 small eggplants
- 1 cup ground meat
- 1 green pepper (chopped)
- 1 medium onion (chopped)
- 1 cup cooked rice
- 3 Tablespoons shortening
- ½ teaspoon salt
- pepper to taste
- ¼ cup parmesan cheese
- ¼ cup flour
- 1 cup prepared Italian style sauce



Scoop out center of eggplant, leaving eggplant shell ½ inch thick. Chop eggplant center and sautee in hot shortening with green pepper, onion, salt and pepper. Add ground meat, and cook until brown. Mix in cooked rice and parmesan cheese. Cool mixture slightly. Pack mixture firmly into eggplant shell. Slice into ½ inch slices. Dip slices into flour and fry until tender. Place slices in 9x13 baking dish. Top with Italian sauce and a little more parmesan cheese. Bake in 350 degree oven 15 minutes or until heated through.  
Length of time to prepare: 15 minutes. Number of servings: 6-8.

**FRED W. PAPAY**  
Upland

## PAPAY SALSA

- 2 cups canned chili salsa
- 1 cup canned diced green chilies
- 1 cup chopped brown onion
- 1 cup tomato or vegetable cocktail juice
- 1 juice of 1 lemon
- 2 celery stalks (diced)
- 2 carrots (finely sliced)
- 2 garlic cloves (minced)
- 6 mushrooms (medium-sliced)
- 1 teaspoon parsley (flakes or fresh minced)
- pinch of paprika
- OPTIONAL:
- ¼ teaspoon oregano
- ½ cup red cabbage (chopped fine)
- 4 shallots
- 4 water chestnuts

In a 3-quart pan, combine all ingredients, stirring well. Simmer under medium flame for 20 minutes, stirring occasionally. Cover with heat on for 5 minutes. Turn heat off and let sit for 15 to 20 more minutes. Serve hot over brown rice and melted cheese, chicken or baked potato. Serve cold over green salad or use as taco chip dip.  
Length of time to prepare: 45 minutes. Number of servings: 4-6.

**SHARON CAPPITELLI**  
San Bernardino

## CORN STUFFED ZUCCHINI

- 3-4 medium sized zucchini
- ¼ cup onion (chopped)
- 1 Tablespoon margarine
- 2 slightly beaten eggs
- 1 eight-ounces can whole kernel corn (drained)
- ½ cup coarsely crumbled Saltine crackers
- ¼ cup grated parmesan cheese
- ½ teaspoon salt
- dash dried thyme (crushed)
- dash garlic salt
- dash pepper

Trim ends from squash, cook in boiling water for 5 to 8 minutes. Drain. Halve lengthwise and scoop out centers and chop. In skillet, cook onion in butter or margarine until tender but not brown. Combine with eggs, corn, crumbs, cheese, chopped squash and seasonings. Sprinkle squash shells with salt and spoon in filling. Place in baking dish and bake in 350 degree oven for 30 minutes. Sprinkle each squash half with more parmesan to serve.  
Length of time to prepare: 1½ hours. Number of servings: 6-8





Lucinda Travis shows her 'heart' cake

## Hearty Banana Cake

# Nutrition value important

Lucinda Travis' mother and "trial and error tech" created her interest in cooking, an interest which won her first prize and \$50 in desserts in the Annual Valley Cookbook competition.

The Ontario woman said she felt her Hearty Banana Cake won "because of its nutritional aspect ... most desserts (with respect for their nutritional value) are the weakest part of a meal."

As for the foods Travis prefers to cook, she said, "Our family has undergone a big dietary change since my father's heart attack and open-heart surgery. The doctors told us that a change in diet would increase his life span. He became part of a test study

at the Veterans Administration for dietary change.

"We all decided to go on the diet together. Strength in number," she continued. "My parents attended nutritional seminars twice a month where they studied nutritional science, hands on preparation of recipes and discussed the results of his medical tests designed to monitor his blood levels.

"I began reading nutritional books and (ironically) a film project on nutrition opened my eyes to the real wonder of eating," Travis said. "My recipe for Hearty Banana Cake was developed by the theory of practice makes perfect."

Travis is not married, but does think it is important to have the whole family in the

kitchen. She likes to make vegetable dishes and Chinese, Japanese, Mexican and Italian dishes.

"I have been very fortunate to live and work in several foreign countries and always learned a few native secrets. These dishes have been modified for our new family diet," she said.

One of Travis' early cooking adventures was when she was 8 years old. "I cooked spaghetti as a surprise for my mother, but it turned out to be a surprise for both of us. I didn't know it grew! We ate spaghetti for a week," she said.

Travis, whose occupation is making educational and industrial films and other multimedia products, had never entered a cooking contest before the Pomona Valley competition.

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# Desserts

LUCINDA TRAVIS  
Ontario

## HEARTY BANANA CAKE

- 1 1/2 cups whole wheat flour
- 1/2 cup wheat germ
- 1 teaspoon baking powder
- 1/2 teaspoon Morton Lite salt
- 1/2 cup Hollywood safflower margarine (unsalted)
- 1 cup sugar
- 6 Tablespoons egg substitute (Second Nature)
- 1 teaspoon baking soda
- 4 teaspoons boiling water
- 3 medium mashed bananas
- 1 cup chopped nuts
- 1 teaspoon vanilla

FIRST

Because dessert is usually the low point, nutritionally speaking, of a meal, the following recipe will be of interest to people who love desserts—but should keep a close watch on their cholesterol and salt intake. It was designed for my father who's heart condition requires a special diet.

Sift flour, wheat germ, baking powder and salt. Set aside. Cream butter and sugar, add egg substitute. Dissolve soda in boiling water and add mashed bananas. Mix all ingredients, alternating dry and moist, adding nuts and vanilla last. Bake at 325 degrees for approximately 35 minutes.

Length of time to prepare: 1 hour. Number of servings: 16-18

GARY CRITES  
La Verne

## LE GATEAU VICTOIRE AU CHOCOLATE, MOUSSELINE

- 1 Tablespoon instant coffee
- 4 Tablespoons hot water
- 4 Tablespoons dark Jamaica rum
- 14 ounces semisweet baking chocolate
- 2 ounces unsweetened baking chocolate
- 6 large eggs
- 1/2 cup sugar
- 1 cup heavy or whipping cream (chilled)
- 1 Tablespoon pure vanilla extract
- Confectioners sugar

Note: there is no flour in this cake

SECOND

Preheat oven to 350 degrees and place rack in lower third. Choose a roasting pan which will hold the cake pan and fill with hot water to come half way up the cake pan and set in oven. The chocolate: Swirl the coffee and hot water in a medium size saucepan, add rum and break up the chocolate into the pan. Bring 2 inches of water to the boil in a larger pan, remove from heat and then set chocolate pan in it, cover and let the chocolate melt while you continue with the recipe. The egg and sugar mixture: break the eggs into the beating bowl, add the sugar and stir over hot water for several minutes until eggs are slightly warm to your finger—this makes beating faster and increases volume. Then beat for 5 minutes or more, until mixture has at least tripled in volume and forms a thick ribbon when a bit is lifted and falls from the beater; the eggs should be the consistency of light whipped cream. The whipped cream: pour cream into a metal mixing bowl. Empty a tray of ice cubes into a larger bowl, cover them with cold water then set the cream bowl into the larger ice-filled bowl. Beat with a hand-held mixer or large balloon whisk going up and down until cream has doubled in volume and holds its shape softly. Whip in the vanilla. Assembling and baking: beat up the melted chocolate with a whisk until smooth and silky. Scrape it into the egg-sugar mixture, blending rapidly with a rubber spatula, and when partially incorporated, fold in the whipped cream, deflating cream and eggs as little as possible. Turn batter into prepared cakepan, which will be about two-thirds filled. Set it at once in the pan of hot water in the preheated oven. Cake will rise some 1/8 inch above edge of pan, and is done when a skewer or straw comes out clean—after about 1 hour of baking. Then turn off oven, leave oven door ajar, and let cake sit for 30 minutes in its pan of water, so that it will sink evenly. Remove from oven, still in its pan of water, and let sit for another 30 minutes so that it will firm up before unmolding and serving. Cake will sink down as it cools to about its original volume. This cake is great slightly warm and sprinkled with confectioners sugar, with pipings of whipped cream or chocolate icing. It is a delicate cake and cuts more like brownies or fudge.

Length of time to prepare: 1 hour. Number of servings: 8-10.

SYLVIA FORAN  
Diamond Bar

## STRAWBERRY GLAZED CREAM CHEESE CAKE

- Crust:
- 3/4 cup coarsely ground walnuts
- 3/4 cup finely crushed graham crackers
- 3 Tablespoons melted unsalted butter
- Filling:
- 4 packages (8-ounce) cream cheese (room temperature)
- 4 eggs
- 1 1/4 cups sugar
- 1 Tablespoon fresh lemon juice
- 2 teaspoons vanilla
- Topping:
- 2 cups sour cream
- 1/4 cup sugar
- 1 teaspoon vanilla
- Strawberry glaze:
- 1 quart medium strawberries
- 1 jar (12-ounce) red raspberry jelly
- 1 Tablespoon cornstarch
- 1/4 cup Cointreau
- 1/4 cup water

THIRD

Position rack in center of oven and preheat to 350 degrees. Lightly butter 9 or 10 inch spring form pan. For crust: combine walnuts, graham cracker crumbs and butter. Press completely into bottom of pan. For filling: beat cream cheese in large bowl until smooth. Add eggs, sugar, lemon juice and vanilla and beat thoroughly. Spoon over crust. Set pan on baking sheet to catch any butter that may drip out. Bake 10-inch cake for 40-45 minutes or 9-inch for 50-55 minutes. Remove from oven and let stand at room temperature for 15 minutes. Retain oven temperature at 350 degrees. For topping: combine sour cream, sugar and vanilla and blend well. Cover and refrigerate. When cake is finished baking, spoon topping over, starting at center and extending to within 1/2 inch of edge. Return to oven and bake 5 minutes longer. Let cool then refrigerate cheesecake for at least 24 hours or, preferably, 2 to 3 days. For glaze: several hours before serving, wash and hull berries and let dry completely on paper towels. Combine a little jelly with cornstarch in saucepan and mix well. Add remaining jelly, Cointreau and water and cook over medium heat, stirring frequently, until thickened and clear (about 5 minutes). Cool to luke warm, stirring occasionally. Using a knife, loosen cake from pan and remove spring form, arrange berries pointed end up over top of cake. Spoon glaze over berries, allowing some to drip down the sides of the cake. Return to refrigerator until the glaze is set. Length of time to prepare: 20 minutes. Number of servings: 10-12.

SUE VERHEYDEN  
Claremont

## LAURA'S APPLE TORTE

- Part I:
- 1 3/4 cup sifted flour
- 1/4 pound margarine
- 2 teaspoons baking powder
- 1 cup sugar
- 6-8 large apples (sprinkle of lemon juice on apples if apples are not tart enough)
- 2 beaten eggs
- cinnamon to sprinkle
- Part II:
- 1/4 pound butter at room temperature
- 1 cup sugar
- 2 eggs

FOURTH

Part I: melt margarine. Add sugar gradually and beat well. Add eggs. Mix thoroughly. Add flour combined with baking powder and beat well. Spread on bottom of lightly greased spring form (or tube) pan. Pare apples and cut into eighths. Stand them on end in the dough (reform the whole apples by putting the eighths back together in the dough). Sprinkle with cinnamon and bake at 350 degrees for one hour. Have Part II ready to pour over Part I at the end of this time. Part II: cream butter and sugar and add eggs. Beat well. Pour on top of baked apple torte and bake 30 minutes at 325 degrees. Serve warm (my favorite) or cold—with or without cream or ice cream.

Length of time to prepare: 2 hours. Number of servings: 8-10.



# Desserts

**ROSALIE CZESCHIN**  
Ontario

## STRAWBERRY BAVARIAN

- 1 package (3-ounce) strawberry Jello
- 1 cup boiling water
- 1 carton (8-ounce) strawberry yogurt
- 2 baskets strawberries (cleaned, diced and sweetened with 6 Tablespoons sugar)
- 1 pint whipping cream (whipped)
- 1 angel food cake (8-inch broken into small pieces)
- Garnish: whole strawberries
- whipped cream in aerosol can

Dissolve Jello in boiling water, chill until consistency of egg white. Beat until frothy. Add yogurt, fold in strawberries, whipped cream and cake. Pour into angel food cake pan or 9x13x2 pan. Refrigerate 8 hours or overnight or freeze if desired. Garnish with whole berries and whipped cream.  
Length of time to prepare: refrigerate 8 hours or freeze. Number of servings: 12-15.

**MARGARET L. CHAMBLIN**  
Upland

## CHEST-O'-RUBIES

- 1 cube (1/4 pound) creamery butter
- 2 cups flour
- 1/8 teaspoon baking powder
- 1 1/2 cups sugar
- 2 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 cans (16-ounce) tart, pitted cherries
- 2 large eggs
- 1 pint Half-and-Half
- 2 teaspoons vanilla
- 1/4 teaspoon salt

Place softened butter in large bowl (real creamery butter is essential, for its unique flavor, in this recipe). Add flour, baking powder and 1/4 cup of sugar and blend until all the flour is absorbed into the butter. Gently pat flour mixture around sides and onto bottom of 8-inch square cake pan. Place in a 325 degree oven for 15 minutes. Meanwhile, drain cherries, then pour into butter-crust. Cover with remaining sugar (adding more if needed to cover cherries). Return to oven. Beat 2 eggs with fork until whites and yolks are blended. Add Half-and-Half, vanilla and salt. When cherries bubble and sugar has "disappeared" pour egg mixture over cherries and continue baking until custard has set. Cut into squares. Serve warm.  
Length of time to prepare: 2 hours. Number of servings: 9

**GERRY HANKS**  
Claremont

## EASY NO-CRUST FRENCH PECAN PIE

- 3 egg whites
- 1 teaspoon vanilla
- 1 cup pecans
- 1 cup sugar
- 22 Ritz crackers
- 1/2 pint whipped cream
- Grated German chocolate for top of pie

Beat egg whites with vanilla until soft peaks form. Gradually add sugar until all sugar is dissolved. Combine crushed Ritz crackers and chopped pecans. Add egg white mixture. Stir and put in buttered 9-inch pie pan. Bake 30 minutes at 300 degrees. Top the cooled pie with whipped cream and grated German chocolate.  
Length of time to prepare: 10-15 minutes. Number of servings: 6-8.

**JULIE C. CRITES**  
La Verne

## PECAN PRALINE PIE

- Crust: 1 1/4 cups all-purpose flour
- 3/4 stick (6 Tablespoons) cold unsalted butter (cut into bits)
- 2 Tablespoons vegetable shortening
- 1/4 teaspoon salt
- 2 Tablespoons water
- Filling:
- 3 large eggs
- 1 1/4 cups sugar
- 3/4 stick (6 Tablespoons) unsalted butter (melted and cooled)
- 3/4 cup all-purpose flour
- 1 package Bits of Brickle (Heath)
- 1 1/2 cups pecans
- 1 Tablespoon praline liqueur (optional)

Crust: In a large bowl blend the 1 1/4 cups flour, 3/4 stick of butter and salt until it resembles meal. Add 2 Tablespoons water and mix until dough forms a ball. Knead lightly for about a minute. Dust with flour and chill for about an hour. Roll into a round to fit into a 9-inch pie plate. Trim excess dough, make decorative edge and chill for 30 minutes. Filling: In a bowl combine 3 large eggs, beaten lightly, with 1 1/4 cups sugar, butter, 1 Tablespoon praline liqueur and beat until blended over low heat. Add package (save about 1/4 cup) of Bits of Brickle and bring just to a boil stirring continuously. Take off heat. Add flour and blend. Add pecans, mix and fill into pie shell. Bake in lower third of pre-heated oven at 350 degrees for 1 hour or until tester comes out clean. Serve after 15 minutes or chill and preheat for 10 minutes. Serve with vanilla ice cream topped with Bits of Brickle and tablespoon of praline liqueur.  
Length of time to prepare: 45 minutes. Number of servings: 10

**MARILYN MITTELSTADT**  
Chino

## ICE CREAM TROPICANA

- 1 cup graham cracker crumbs
- 1/4 cup flaked coconut
- 1/4 cup pecans (coarsely chopped)
- 1 1/2 Tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground mace
- 1/4 cup melted butter
- 1 cup strawberries (sliced)
- 1 cup seeded or seedless grapes (sliced)
- 1 cup pineapple chunks
- 1/3 cup sugar
- juice and grated rind of 1 lemon
- 1 quart vanilla ice cream

To make crumb mixture, blend together graham cracker crumbs, coconut, pecans, sugar, cinnamon and mace. Add melted butter and toss lightly with a fork. Cover and set aside at room temperature. To make fruit mixture, place strawberries, grapes and pineapple chunks in a bowl. Thoroughly blend sugar with lemon rind and sprinkle over fruit. Add lemon juice to fruit and toss to coat thoroughly. Cover and chill several hours. To serve, divide a quart of vanilla ice cream into 6 or 8 portions. Top each portion with fruit mixture and then sprinkle each portion with some of the crumb mixture. Serve immediately.  
Length of time to prepare: 6 hours. Number of servings: 6-8.

**MARY LEWANDOWSKI**  
Pomona

## PISTACHIO TORTE

- 1 cube butter or margarine
- 50 Ritz crackers
- 1 quart vanilla ice cream
- 1 1/2 cups milk
- 2 boxes pistachio instant pudding mix
- Cool Whip
- 3 Heath bars

Roll Ritz crackers fine, melt butter and mix with crackers, line a 9x13 pan with cracker mixture. Mix pudding and milk. Add ice cream and refrigerate for two hours. Add Cool Whip and top with crushed Heath bars.  
Length of time to prepare: 30 minutes. Number of servings: 12.



# Desserts

**EVELYN GAULT**  
Claremont

## CHOCOLATE CREAM CHEESECAKE

24 chocolate wafers  
1/4 cup butter or margarine  
1/4 teaspoon cinnamon  
1 1/3 cup semi-sweet chocolate pieces or 1 bar (8-ounce) semi-sweet chocolate  
1 1/2 pounds cream cheese (softened)  
1 cup sugar  
2 eggs  
2 teaspoons cocoa  
1 teaspoon vanilla  
1 1/2 cups sour cream

Crush wafers; mix with melted butter and cinnamon. Press mixture over bottom of assembled 8-inch spring form pan; chill. Melt chocolate in top of double boiler over hot, but not boiling water. Beat softened cream cheese in large bowl of electric mixer. Beat in sugar, add eggs (one at a time) beating after each addition. Beat in melted chocolate, cocoa, vanilla and sour cream. Pour into crumb-lined pan and bake at 350 degrees for 45 minutes. Cake will be very soft. Cool at room temperature for one hour. Then refrigerate at least 5 to 6 hours before serving. May be frozen. Thaw overnight before serving. Length of time to prepare: 25 minutes. Number of servings: 10.

**MRS. HOLLY AYERS**  
Alta Loma

## POPPY SEED CAKE

1/2 pound butter or margarine  
1 1/2 cups  
4 egg yolks (beaten)  
2 ounces poppy seeds  
1 teaspoon baking soda  
1 cup sour cream  
2 cups sifted cake flour  
3 teaspoons vanilla  
4 egg whites

Cream butter and sugar well. Add beaten egg yolks. Blend in poppy seeds, vanilla, sour cream and flour (which has been sifted with baking soda). Fold in stiffly beaten egg whites. Bake in ungreased tube pan for 55 to 60 minutes in 350 degree oven. Allow to cool inverted. Remove from pan and sprinkle with powdered sugar.

Length of time to prepare: 30 minutes. Number of servings: 12 plus.

**CINDY PALMER**  
Chino

## GERMAN APPLE CAKE

Cake:  
3 eggs  
1 cup salad oil  
1 teaspoon vanilla  
2 cups sugar  
1 teaspoon baking soda  
2 cups flour  
2 teaspoons cinnamon  
1/2 teaspoon salt  
1 cup chopped walnuts  
4 cups chopped apples (peeled and cored)  
Icing:  
1 package (8-ounce) cream cheese  
3 Tablespoons butter  
2 cups powdered sugar  
1 teaspoon vanilla

Beat 3 eggs until foamy and add salad oil. Add vanilla, sugar, baking soda, flour, cinnamon and salt, mixing well. Add nuts and apples. Spread and bake in 9x13 pan at 350 degrees for 45 minutes. Combine icing ingredients until smooth. Refrigerate for use on cooled cake when ready to serve. Length of time to prepare: 1 1/2 hours. Number of servings: 12-18.

**GLENDA F. CHESIRE**  
Upland

## PUMPKIN NUT ROLL

Pumpkin roll:  
3 eggs  
2/3 cup canned pumpkin  
1 teaspoon lemon juice  
1 cup sugar  
3/4 cup flour  
1 teaspoon baking powder  
2 teaspoon cinnamon  
1 1/2 teaspoon nutmeg  
1/2 teaspoon salt  
1 cup chopped walnuts  
Filling:  
1 cup powdered sugar  
6 ounce cream cheese  
4 tablespoons butter  
1 1/2 teaspoon vanilla

Preheat oven to 375 degrees. Grease and flour jelly roll pan (15x10x1). Beat eggs on high with electric mixer for 5 minutes. Gradually beat in pumpkin, lemon juice and sugar. Combine all dry ingredients and gently fold into pumpkin mixture. Spread into prepared jelly roll pan, top with walnuts and bake for 15 minutes. Remove from oven and turn cake into towel sprinkled with 1 cup powdered sugar. Trim edges away. Starting at narrow end, roll cake and towel together. Prepare filling mixing butter and softened cream cheese, beat in vanilla and powdered sugar. Spread filling on cool unrolled cake. Roll back and refrigerate before slicing.

Length of time to prepare: 1 hour. Number of servings: 10.

**MAUREEN GRISAFE**  
Alta Loma

## HOOLA-JUILA

2 sticks margarine  
2 cups sugar  
1/4 teaspoon salt  
2 teaspoons vanilla  
2 beaten eggs  
2 cups flour  
1/2 cup chopped walnuts  
2 or 3 large oranges  
3/4 cups shredded coconut  
3/4 cups chocolate chips (optional)  
whipped cream (optional)

Let margarine soften and cream well. Add sugar and cream well. Add the next five ingredients and mix well. Pour mixture into buttered 9x13x2 baking pan. Peel oranges and slice horizontally about 1/4 inch thick. Set orange slices side by side on mixture in pan. Form 4 to 5 rows with 3 slices in each row. Bake at 350 degrees for 40 minutes. Sprinkle coconut and chocolate chips over orange slices. Bake 15 minutes longer letting coconut lightly brown. Let cool 5 minutes. Serve warm with whipped cream.

Length of time to prepare: 1 1/4 hours. Number of servings: 12-15.

**DIANE MAGNUS**  
Cucamonga

## SAUERKRAUT CAKE

2/3 cup margarine  
1 1/2 cups sugar  
3 eggs  
1/2 cup unsweetened cocoa  
2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 teaspoon vanilla  
1 cup water  
2/3 cup rinsed, drained and chopped sauerkraut  
1 cup chopped walnuts (optional)

In large bowl, thoroughly cream butter and sugar, beat in eggs and vanilla. Sift together dry ingredients and add alternately with water to the egg mixture. Stir in sauerkraut and nuts. Pour into greased and floured cake pans. Bake at 350 degrees for 30 minutes or until cake is done. Cool and frost with your favorite chocolate or white frosting.

Length of time to prepare: 15 minutes.



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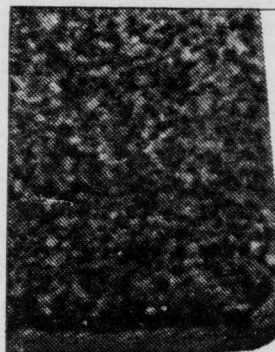
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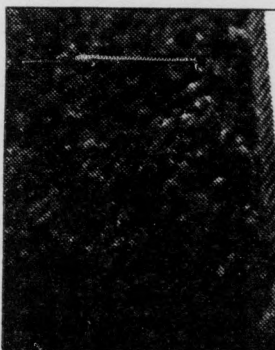


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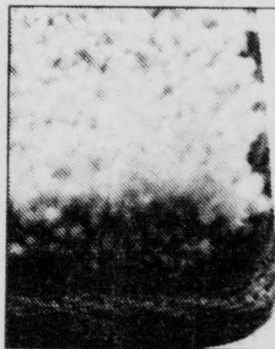


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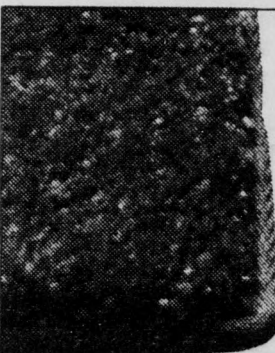


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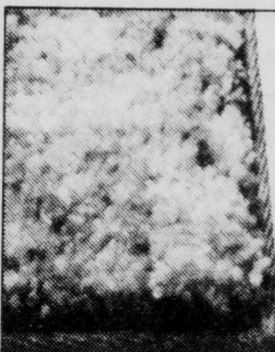


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# Desserts

**KATHRYN MARQUARDT**  
Cucamonga

## CHOCOLATE SATIN PIE

2 egg whites (room temperature)  
1/3 teaspoon cream of tartar  
1/2 cup granulated sugar  
3/4 cup chocolate chips  
3 Tablespoons water (hot)  
1 teaspoon vanilla  
1/2 pint whipping cream  
chocolate curls  
whipped cream



Shell: (can be made a day ahead) butter a 9-inch pie plate. Beat egg whites until foamy. Add cream of tartar. Beat until peaks form and whites will not leave inverted bowl. Add sugar very gradually, beating well after each addition. Spread a quarter-inch thick on bottom, thicker on sides of pie plate. Bake 1 hour at 275 degrees or until tanned. Cool. Fill with filling (below), while in refrigerator for at least 4 hour. Filling: melt chocolate chips in double boiler. Add hot water, stir until consistency of chocolate sauce. Cool and add vanilla. Whip 1/2 pint whipping cream and fold in chocolate mixture, 1 Tablespoon at a time. Just before serving, garnish with whipped cream and chocolate curls. Length of time to prepare: 6 hour. Number of servings: 8

**MARY ELLIOTT**  
La Verne

## FRUIT PIZZA

24 vanilla wafers (crushed)  
1/4 cup melted butter  
1 package (8-ounce) cream cheese  
1 cup non-dairy whipped topping  
1 cup powdered sugar  
1 can (1-pound, 13-ounce) peaches  
1 can (1-pound, 4-ounce) pineapple chunks  
1 Tablespoon lemon juice  
1 Tablespoon corn starch  
2 cups fresh strawberries  
1 banana

Combine crushed wafers and butter. Press into an 8x8 dish. Refrigerate for one hour. Combine softened cream cheese, whipped topping and sugar. Spread over crust and refrigerate. Drain peaches and pineapple. Reserve juice. Combine juice with lemon juice and corn starch. Cook until clear and thickened. Cool. Cut fruit into bit size pieces. Arrange on top of cream cheese mixture. Spread cooled fruit juice mixture on top. Cover and refrigerate several hour or overnight.

Length of time to prepare: 1 hour 15 minutes. Number of servings: 9.

**GERI NOXON**  
Chino

## OATMEAL CAKE

1 cup oatmeal (regular or quick cooking)  
1 1/2 cups boiling water  
1 cup brown sugar  
1 cup white sugar  
1/2 cup butter or margarine (softened)  
2 eggs (beaten)  
1 1/2 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1/4 teaspoon salt  
Frosting:  
1/4 cup evaporated milk  
1/2 cup brown sugar  
1/4 cup margarine

Cake: add boiling water to oatmeal in a small bowl. Cover and let sit. Meanwhile, cream together butter, brown sugar, white sugar and eggs. Set aside. Sift together flour, baking soda, baking powder, cinnamon and salt. Add to creamed mixture, stirring until well blended. Stir in oatmeal. Bake in a greased and floured 13x9x2 pan at 350 degrees for 45 minutes. Frosting: combine all ingredients in a small saucepan, bring to a boil and cook for 1-2 minutes. Pour over warm cake and punch holes all over the top of the cake with a fork.

Length of time to prepare: 20 minutes. Number of servings: 12.

**DONNA OMLIN**  
Chino

## STRAWBERRY SWIRL

1 cup graham cracker crumbs  
1 Tablespoon sugar  
1/4 cup butter or margarine (melted)  
2 cups sliced fresh strawberries  
1 package (3-ounce) strawberry flavored gelatin  
1 cup boiling water  
1/2 pound marshmallows  
1/2 cup milk  
1 cup whipping cream (whipped)

Mix crumbs, sugar and the butter. Press firmly over bottom of 9x9x2 baking dish. Chill until set. Sprinkle 2 Tablespoons sugar over fresh berries; let stand for half an hour. Dissolve gelatin in boiling water. Drain strawberries, reserving juice. Add water to juice to make 1 cup; add to gelatin. Chill until partially set. Meanwhile, combine marshmallows and milk; heat and stir until marshmallows melt. Cool thoroughly then fold in whipped cream. Add berries to gelatin then swirl in marshmallow mixture to marble, pour into crust; chill until set. Cut into 9 or 12 squares. You can use a 10-ounce package of frozen sliced strawberries thawed in place of the fresh ones.

Length of time to prepare 2 1/2 hours. Number of servings: 12.

**CONNIE FERGUSON**  
Ontario

## FRUIT PIZZA

1 package refrigerated sugar cookie dough  
1 package (8-ounce) cream cheese  
1/2 cup sugar  
1 teaspoon vanilla  
4 bananas (sliced and sprinkled with lemon juice)  
8 ounces blueberries  
1 can (8-ounce) mandarin oranges  
1 can pineapple (chopped)  
3 diced mangoes  
1 pint strawberries (sliced)

Using large pizza pan, slice cookies and arrange on pan, rolling slightly to make a solid pizza crust. Bake according to package directions. Cream sugar, vanilla and cream cheese then spread over cooled cookie pizza crust. Arrange fruit in concentric circles beginning with pineapple, strawberries, mandarin oranges, bananas, mangoes add filling in middle with blueberries. Slice and serve chilled or warm.

Length of time to prepare: 1 hour. Number of servings: 10.

**SHIRLEY A. HANSON**  
Upland

## DANISH KLEINER (CLAY-NA)

3 eggs  
1 cup sugar  
1/2 teaspoon salt  
4 Tablespoons cream  
1/2 cup butter  
1 teaspoon baking powder  
3 to 4 cups flour  
1 teaspoon vanilla or cardamom

Beat eggs and sugar, add cream, melted butter and stir enough flour to make batter stiff enough to roll out like cookies. Cut in diamond shape, make slit in center and pull one end through slit. Cook in deep fat until light brown. Best to cook only 6 to 8 at a time. Turn with a kitchen fork or a knitting needle or even a long hat pin. Place on brown paper to cool. Note: It takes at least 1 1/2 pounds of shortening for frying or cooking the kleiner in these recipes. Good.

Length of time to prepare: 1 hour. Number of servings: 36.





Charlene Daugherty's Lasagna Roll-Ups won the judges approval

## In casseroles Self-taught cook a winner

Charlene Daugherty of Upland taught herself to cook. Her talent won the first place and \$50 in casseroles in the Annual Valley Cookbook competition.

Her recipe, Lasagna Roll-Ups, was picked, she thinks, because of it is simple and easy to make and light (fare) for warm weather.

Cooking is a hobby for Daugherty, and she particularly likes to make pasta and veal dishes ... not necessarily together. She had entered other cooking contests and won honorable mentions.

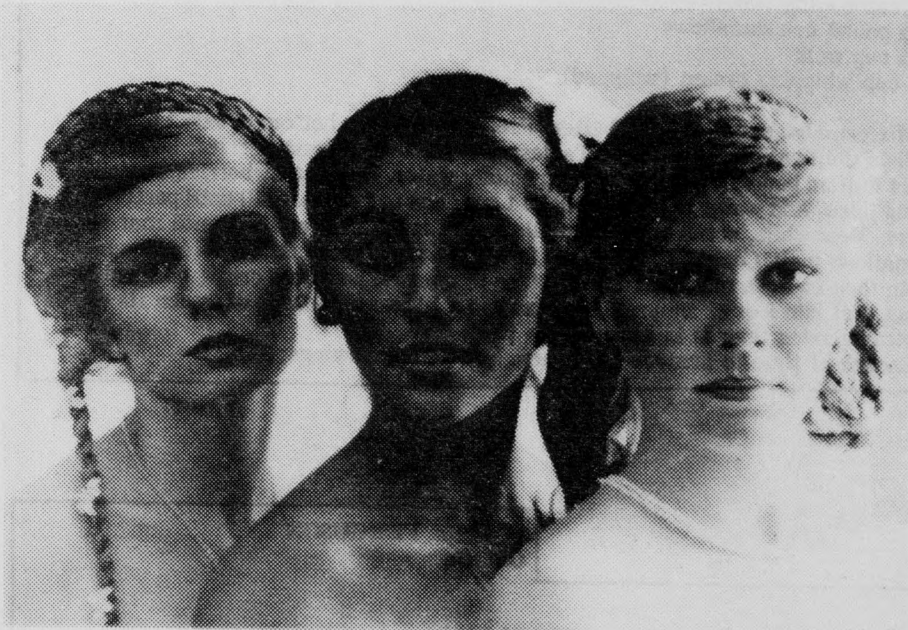
When not cooking, Daugherty's other hobbies are crafts and needlework.

Her favorite trick is to make new dishes when company comes, "Much to my husband's dismay!" she said.

Daugherty is division manager for physical therapists for California-Hawaii Elks Major Project.

Daugherty also won third place and \$30 with a Spinach Pate in the vegetable category, and fourth place and \$20 with a Danish Puff in the bread and rolls group.

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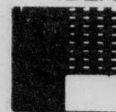
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# Casseroles

**CHARLENE DAUGHERTY**  
Upland

## LASAGNA ROLL-UPS

1 pound ricotta cheese  
1½ cups fresh grated parmesan cheese  
1 cup shredded mozzarella cheese  
½ cup minced parsley  
½ cup minced green onion  
1 egg  
½ teaspoon marjoram  
½ teaspoon minced garlic  
½ teaspoon dried basil  
½ teaspoon oregano  
salt and pepper  
¾ pound lasagna noodles (cooked just under done and cooled)  
Pesto Sauce:  
2 cups fresh basil (can use parsley and 2 Tablespoons dried basil)  
¼ cup grated parmesan cheese  
2 garlic cloves  
1 Tablespoon toasted pine nuts  
2/3-1 cup olive oil  
salt and pepper

**FIRST**

Heat oven to 350 degrees. Mix cheese, parsley, onions and seasonings--salt and pepper to taste. Spread each noodle with cheese filling and roll up jelly-roll fashion. Stand vertically in single layer in a baking dish. Pour sauce over, cover and bake 30-40 minutes or until sauce is bubbly and heated through. Pesto Sauce: In a food processor or blender combine ingredients adding olive oil until you have a thick sauce. I also serve this with a meat sauce. Can be done in microwave at 15 minutes on high power, turning once.  
Length of time to prepare: 20 minutes then 30 minutes to bake. Number of servings: 6.

**MARY LEWANDOWSKI**  
Pomona

## ZUCCHINI CASSEROLE ITALIANO

6-8 zucchini  
2-3 large tomatoes  
1 pound shredded cheese  
1 Tablespoon brown sugar  
½ cup Italian bread crumbs  
½ pound Italian sausage (bulk)  
½ pound ground beef  
1 medium red onion sliced thick

**SECOND**

Fry Italian sausage and ground beef together, in a 9x13 casserole dish slice Italian zucchini into thirds. Make one layer of zucchini, one layer of tomatoes sliced thick. Add onions and sprinkle sparingly with brown sugar. Then add meat. Make as many alternate layers as possible. Top with bread crumbs and cheese. Bake in a 350 degree oven for approximately 45 minutes or until zucchini is tender and cheese is melted. (Zucchini can be par boiled if desired).  
Length of time to prepare: ½ hour. Number of servings: 6-8.

**MAXINE KAUFMAN**  
Claremont

## MOCK STUFFED CABBAGE

1 pound lean ground beef  
½ cup rice  
dash of pepper  
dash of garlic  
1 egg  
1 or 2 heads of cabbage  
1 bottle of chili sauce  
1 can of cranberry sauce (jellied or whole cranberry)

**THIRD**

Make meat balls out of ground beef, rice, pepper, garlic powder and egg. Cut up cabbage and put in large casserole or covered pot. Mix chili sauce and cranberries and pour over cabbage. Place the meatballs on top of cabbage and bake covered for 1 hour in a 350 degree oven.  
Length of time to prepare: 10 minutes. Number of servings: 4-5

**BONNIE REXRODE**  
Upland

## DEEP DISH MEXICAN PIZZA

1 pound hamburger  
1 ten-ounce can enchilada sauce  
1 package taco seasoning mix  
1/3 cup chopped olives  
1 can crescent rolls  
1½ cups crushed tortilla chips  
1 cup sour cream  
1 cup grated cheddar cheese

**FOURTH**

Brown hamburger and drain. Add enchilada sauce, olives, and taco seasoning mix. Stir together until well mixed. Take rolls and form into a greased 8x8 pan. Press well to form pie crust. Layer starting with 1 cup chips, meat mixture, sour cream and cheese. Top with remaining ½ cup of chips. Bake at 375 degrees for 25 minutes. OPTIONAL: can be topped with sliced avocado just before servings.  
Length of time to prepare: 15 minutes (plus baking time). Number of servings: 4.

**CAROL DIANE BATHKE**  
La Verne

## TAMALE PIE

1 pound ground beef  
½ Tablespoon oil  
½ Tablespoon butter  
1 medium onion (chopped)  
1 clove garlic (minced)  
1 small can pimentos  
½ medium green pepper (chopped)  
½ pound fresh mushrooms  
2 eight-ounce cans tomato sauce  
¼ cup water  
1 Tablespoon chile powder  
1-2 dashes Tabasco  
2 Tablespoons cold water  
1 Tablespoon flour  
1 small can chopped olives  
2 cups grated cheese  
2 cups corn chips (crushed)  
salt and pepper to taste

**HONORABLE MENTION**

Brown ground beef in oil and butter. When browned add onions, garlic, pimentos, green pepper, mushrooms, tomato sauce, water, chile powder and Tabasco. Simmer all ingredients for 20 minutes. While this is simmering make a paste with 1 Tablespoon flour and 2 Tablespoons water. Stir into simmering mixture. Add olives and salt and pepper to taste. Alternate layers of meat mixture, chips and cheese in oblong baking dish. Bake for 30 minutes at 350 degrees. Serve with salad and French bread.  
Length of time to prepare: 1 hour. Number of servings: 6.

**DIANE Y. WISEMAN**  
Pomona

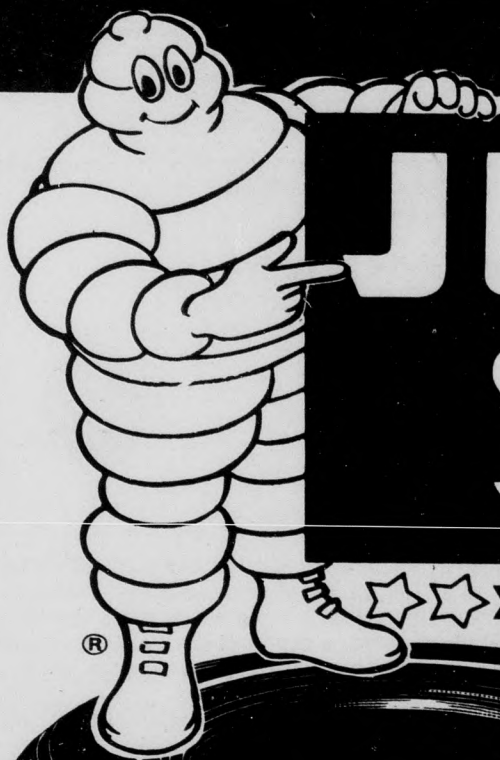
## ITALIAN CHICKEN WITH MOSTACCIOLI

2 sixteen-ounce Ragu wine style Italian cooking sauce  
2 bay leaves  
½ teaspoon marjoram  
½ teaspoon oregano  
½ teaspoon sweet basil  
1/8 teaspoon garlic powder  
4 chicken breast (skin and bones removed. Cut into bite size pieces)  
1 ten-ounce bag of mostaccioli (pasta)  
½ cup grated parmesan cheese

Combine all ingredients except pasta and cheese in 3-quart saucepan. Bring to boil stirring frequently, reduce to simmer and cover. Simmer for approximately 30 minutes, stirring occasionally. After sauce has been simmering 15 minutes prepare mostaccioli according to package directions. Drain. Mostaccioli should be done approximately same time as sauce. Add mostaccioli to sauce, simmer 5 more minutes. Serve and top with parmesan cheese.  
Length of time to prepare: 1 hour. Number of servings: 6.



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# Casseroles

**VALERA KAPONO**  
Ontario

## SNOWCAPPED MEATLOAF

- 2 eggs
- 1/2 cup water
- 1 teaspoon salt
- 1 1/2 pound ground beef
- 1/2 soft bread crumbs
- 1 1/2 cups shredded Swiss cheese
- 3/4 cup finely chopped ham
- 6 servings mashed potato flakes
- paprika

Lightly beat together 1 egg, water and salt. Add ground beef and bread crumbs, mixing lightly. Spread half the meat in shallow pan, forming a shallow round loaf about 8-inches in diameter. Sprinkle with 1 cup of cheese and the ham. Spread with remaining meat enclosing ham and cheese. Bake in 350 degree oven for 45 minutes. Prepare potatoes following directions on package, except reduce water to 1 1/2 cup. Lightly beat remaining egg, stir into potatoes. Spread over loaf, sprinkle with 1/2 cup cheese and paprika. Increase oven temperature to 400 degrees and bake 10-15 minutes longer.

Number of servings: 6.

**DIANE MAGNUS**  
Cucamonga

## LOBSTER-ARTICHOKE CASSEROLE

- 3 Tablespoons butter
- 1/4 cup flour
- 1 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 Tablespoon paprika
- 2 Tablespoons sherry wine
- 1 cup cottage cheese
- 3 hard boiled eggs (quartered)
- 1 can (13-ounce) hearts of artichoke (drained)
- 1 can (6 1/2 ounce) lobster meat
- strips of pimento for garnish

Melt butter and add flour and stir well until blended. Add milk gradually and cook over low heat stirring constantly until thickened. Add seasonings, sherry, cottage cheese, eggs and hearts of artichoke (cut into bite-size pieces). Add to artichoke mixture. Pour into buttered 1 1/2-quart casserole and arrange pimento strips on top. Bake in moderate oven (350 degree) for 25 minutes.

Length of time to prepare: 20 minutes. Number of servings: 6.

**BECKY BUNYEA**  
Ontario

## CHILES RELLENOS

- 1 can Ortega whole green chilies or 10 cooked and peeled fresh green chilies
- 1 tube Hungry Jack biscuits (makes 10)
- 2 cups ground beef (cooked until crumbly and drained) (optional)
- 1 cup grated cheddar cheese
- 1 cup grated jack cheese
- 2 egg whites (well beaten)

On floured surface roll out a biscuit to about a 5-inch square. Place a chili on top of the biscuit square. Slit the chili down the middle and stuff with 1 1/2 Tablespoons of jack and cheddar cheeses. If using ground beef add 2 Tablespoons to chili. Then roll up chili in biscuit square and twist ends. Dip in egg whites, then place in long greased and floured baking dish. When all 10 are completed place in 350 degree oven until golden brown (approximately 30 minutes). Remove from oven and serve with salsa on top.

Length of time to prepare: 45 minutes. Number of servings: 10.

**LAURA TUCKER**  
Cucamonga

## CHICKEN TORTILLA CASSEROLE

- 1 large chicken (cooked and boned)
- 1 dozen corn tortillas
- 1 can (11 1/2 ounce) cream of chicken soup (undiluted)
- 1 can (11 1/2 ounce) cream of mushroom soup (undiluted)
- 1 grated onion
- 1 eight-ounce can green chili salsa
- 3 1/2 cups grated cheddar cheese
- 2 ounces sliced olives

Mix the soups, onion and salsa in blender. Tear tortillas into strips and spread half of the strips in the bottom of a greased 9x13 pan. Add half of the chicken, half of the soup mixture and cover with half of the cheese. Layer again and then cover with cheese. Place the sliced olives on top. Let stand 24 hours in the refrigerator. Bake at 350 degrees uncovered for 45-60 minutes or until bubbly.

Length of time to prepare: 2 hours. Number of servings: 6.

**DEBBIE KASHIMA**  
Chino

## JAPANESE GREEN BEAN CASSEROLE

- 1 pound sirloin or round steak
- 2 Tablespoons oil
- 1 clove garlic
- 1 pound fresh green beans
- 1/4 cup soy sauce
- 11 Tablespoon sugar
- 1 onion
- 2 Tablespoon rice wine
- Aji-no-moto seasoning

Brown steak, cut up into thin 1-inch strips, in oil and garlic. Add the green beans and stir for 5 minutes. Mix the 1 Tablespoon sugar into the soy sauce and add to green beans and meat. Also add the onion, rice wine and seasoning. Mix well. Put lid on pan and simmer for 1 hour or until beans are tender. The sauce is excellent over rice. Use a 10-inch pan.

Length of time to prepare: 1 hour. Number of servings: 4-6

**PAT BLACK**  
Cucamonga

## STROMBOLI

- 1 load of frozen bread dough
- Paint:
- 2 beaten eggs
- 2-4 Tablespoons parmesan cheese
- 1-3 teaspoons oregano or Italian seasoning
- 1 teaspoon garlic powder
- Fill:
- grated cheese
- meat (sausage, hamburger, pepperoni etc.)
- mushrooms (sliced)
- olives

Let bread loaf thaw but not rise. Roll in rectangle. Divide into thirds. Make paint of eggs, parmesan cheese, oregano and garlic powder. Paint middle third with above mixture. Then layer with filling. Fold over second third and paint. Layer with filling again. Fold over last third and pinch edges. Paint entire loaf. Bake at 350 degrees for 25-30 minutes. Serve warm in sliced pieces.

Length of time to prepare: 1/2 hour. Number of servings: 4.





Julie Crites tosses her Antipasto Milanese salad for judges to sample

## Italian taste

# 'Unique salad' wins the prize

Julie Crites of La Verne copped the first place and \$50 in salads with her Antipasto Milanese. She considers it a "unique kind of salad in that you can vary it from time to time with different vegetables you like."

Crites said it is "super for a party or a buffet — everyone likes something Italian."

Cooking is a hobby for Crites, a hobby she shares with her husband, Gary Crites, who was the Grand Prize winner of the Annual Valley Cookbook competition in 1980 with his Chocolate Torte Cake. He won two second places in the 1981 competition with his Quenelles a la Crites (in the meat, poultry and fish section), and a second place in desserts with his Le Gateau Victoire Au Chocolate, Mousseline.

"My husband and I both love classic French and Italian, Mexican and northern Chinese cooking. My step-daughter, Jennifer, loves anything with pasta and cappuccino ice cream," Julie Crites said.

This is her first time to take a first place in a cooking competition, but she has had honorable mentions for several years. When it comes to home cooking, her favorites to prepare are spaghetti a pesto, homemade English muffins and "all kinds of salads."

When asked if anything unusual has happened in her cooking experiences, Crites said, "When giving a party, I made 40 deviled eggs and the stuffing was so salty I had to throw it all out and do 40 MORE."

Crites is a professional development program leader for the Ontario-Montclair School District.

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# Salads

**JULIE CRITES**  
La Verne

## ANTIPASTO MILANESE

**FIRST**

1/2 pound fresh mushrooms (cut in half)  
1 can artichoke hearts (cut in half)  
5 fresh carrots (cut in thin strips or rounds)  
1 large green or red pepper (cut in pieces)  
1 can pitted black or green olives  
1 can garbanzo beans  
5 ribs of celery (chopped)  
1 basket cherry tomatoes  
2 whole pimentos sliced thinly (optional)  
2-3 sprigs of cilantro  
Herb marinade:  
2/3 cup white vinegar  
1/3 cup salad oil  
1/3 cup olive oil  
3 green onions (diced)  
2 cloves garlic (minced)  
1 teaspoon salt  
1 teaspoon basil (dried)  
1 teaspoon ground oregano  
1 teaspoon sugar  
pepper

Place all fresh and canned vegetables in a large salad bowl or bowl with a cover. Mix all marinade ingredients in a sauce pan and bring to a boil for 2-3 minutes. Cool 10 minutes and pour over vegetables. Mix and refrigerate with cover on for 24 hours or more. Terrific buffet or party dish. Keeps up to a week in the refrigerator. You may vary by using zucchini, other beans etc.  
Length of time to prepare: 15 minutes. Number of servings: 10-12.

**GAYLE SHERRILL**  
Ontario

## BETTER THAN BEAN SALAD

**THIRD**

1 can (16 ounce) dilled green beans or green beans  
1 can (8 ounce) can garbanzo beans  
2 cans (15 ounce) kidney beans  
1 can (6 ounce) ripe pitted olives  
1 jar (4 ounce) sliced pimento  
1 jar (6 ounce) marinated artichoke hearts  
1 1/2 cups celery (thinly sliced)  
1 1/2 cups carrot (thinly sliced)  
1 large red onion (thinly sliced)  
2 tomatoes (cut in wedges)  
2 hard cooked eggs (cut in wedges)  
Dressing:  
1/2 cup oil  
3/4 cup white wine vinegar  
2 Tablespoons chopped parsley  
2 cloves pressed garlic  
2 Tablespoons lemon juice  
1 teaspoon Italian seasonings  
salt and pepper to taste

Drain and discard liquid from green beans, garbanzo beans, kidney beans, olives and pimento. Combine these with artichokes (juice and all). Add carrots, celery, onion and tomatoes. Mix all vegetables carefully to avoid breaking. Prepare salad dressing by mixing oil, vinegar, garlic, parsley, seasonings and lemon juice. Pour salad dressing over salad. Cover refrigerated over night. Garnish with egg wedges and more parsley. The last dab of salad tastes great when added to a tossed green salad.  
Length of time to prepare: 20 minutes. Number of servings: 10-12.

**JANET POLING**  
Cucamonga

## LIMA SLAW

**SECOND**

4 cups finely shredded cabbage  
1/4 pound bean sprout  
2 medium size carrots (shredded)  
1 cup frozen baby limas (cooked according to package directions)  
3 green onions (thinly sliced)  
1 can (11 ounces) mandarin oranges (drained)  
Sour cream-orange dressing:  
1 cup sour cream  
1/2 teaspoon grated orange peel  
1 Tablespoon orange juice  
2 Tablespoon vinegar  
2 Tablespoons sugar  
1/2 teaspoon salt  
1/8 teaspoon crushed red pepper

Prepare dressing: mix sour cream, grated orange peel, orange juice, sugar, vinegar, salt and crushed red pepper. Cover and refrigerate for 2-6 hours. Meanwhile, combine the cabbage, sprouts, carrots, limas and green onion. Cover and chill. To serve: pour dressing over vegetables and mix thoroughly. Garnish with mandarin oranges.  
Length of time to prepare: 2-6 hours. Number of servings: 6.

**LINDA CROCKER**  
Claremont

## MANDARIN ORANGE SALAD

**FOURTH**

Salad:  
1 head lettuce  
1 cup chopped celery  
2 Tablespoons of minced parsley  
4 green onions and tops (sliced thin)  
1 can drained mandarin oranges  
Dressing:  
1/4 cup salad oil  
1/4 cup tarragon vinegar  
1/4 cup sugar  
1/2 teaspoon Tabasco sauce  
1 teaspoon salt

Salad: put the above salad ingredients in a bowl. Cover and chill. When ready to serve, pour on dressing and toss. Dressing: put the above dressing ingredients in a jar and mix well. Shake before serving. Note: this is my most requested recipe. It is simple to make and looks very colorful in my green glass salad bowl.  
Length of time to prepare: 15 minutes then chill. Number of servings: 10.

**MRS. W.J. MILLIGAN**  
Ontario

## DIET POTATO SALAD

**HONORABLE MENTION**

2 packages (10 ounce) frozen cauliflower  
2 celery stalks  
1/2 green pepper (chopped)  
1 Tablespoon onion flakes  
1 teaspoon salt  
2 teaspoon sugar (sweetner) to taste  
1 medium dill pickle (diced)  
1 can (4 ounce) mushrooms (drained and chopped)  
3 Tablespoons prepared mustard  
1 teaspoon parsley flakes  
1/2 teaspoon worcestershire sauce  
1/2 teaspoon lemon juice

Cook cauliflower according to package. Drain well, chop into small pieces and put into a 2-quart dish. Add celery, green pepper, pickles, mushrooms, mustard, onion flakes, parsley, salt, sweetener, worcestershire sauce and lemon juice. Blend well, chill for several hours for better flavor.  
Length of time to prepare: 1/2 hour. Number of servings: 4.

**DON HUGHES**  
Claremont

## ROASTED PEPPER SALAD

6 peppers  
1/4 pound fresh mushrooms  
1 clove of garlic  
1 onion (thinly sliced)  
cooking oil

Wash and dry 6 peppers and place directly on gas flame. Turn now and then until peppers are black all over. Run cold water over them and rub skin off so black is removed. Break into strips. Saute mushrooms in oil with a clove of garlic. Add to peppers and thinly sliced onions. Mix all ingredients. Add salt and pepper to taste.  
Length of time to prepare: 20 minutes. Number of servings: 4.



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56x55	\$27.00
56x84	\$35.40
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80x55	\$35.60
80x84	\$44.30
100x42	\$40.40
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126x84	\$65.30
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